

**Taekwondo for circuit class?**

I can teach the class on Tuesday and Thursday noontime. I propose that if I teach, I would like to work with martial arts. I will be willing to commit to this if I have enough commitment from the group.

**Little about taekwondo:**

Taekwondo (loosely translated “the way of the hand and foot”) is centuries old from Korea and is similar to Japanese and Chinese martial arts. There are 5 Tenets of Taekwondo: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. Taekwondo has gained significant popularity around the world and is now an Olympic sport. For practitioners, taekwondo is a way of life that extends beyond the classroom (dojang). People can go on to participate in competitive tournaments or be content with learning the art in the dojang. I teach principally the traditional style as was taught to me.

For the martial art, this is can be significant work for some people, but if you are patient you will find that you will learn the material. You do not have to achieve full flexibility in one day. You know you’re your body and its limitations so listen to what it tells you but do at least attempt the techniques. Sometimes, you may find the material repetitive, but working techniques in this way will help to hone the craft and technique. White belt classes typically take 8 weeks at which you can test for promotion to the next belt level.

For now, the cost for the program is only your time and a uniform (called dobak in Korean) starting @ \$40 for a basic dobak as well as testing fees if you decide to test for your next belt level (testing is not required). I will post class material online at <http://www.tigersndragons.com/tkd/>

<p><b>Requirements for Promotion:</b></p> <ul style="list-style-type: none"> <li>• Attendance and attitude</li> <li>• Terminology</li> <li>• Demonstration of Basic Techniques</li> <li>• Forms (Poomse)</li> <li>• One-Step sparring</li> </ul>	<p><b>Some basic rules of the dojang:</b></p> <ul style="list-style-type: none"> <li>• No gum or food while practicing.</li> <li>• Respect all practitioners, the history, and teachers for time and effort.</li> <li>• Keep jewelry to a minimum (or off) during practice.</li> <li>• Trim finger and toe nails.</li> <li>• Be prompt and ready for class.</li> <li>• Bow in and out of class.</li> <li>• Take off footwear (taekwondo shoes may be permitted upon request).</li> <li>• If you have a question, raise your hand to be acknowledged.</li> </ul>
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Please confirm with me that you will want to take this class by sending an email to [wpony76@yahoo.com](mailto:wpony76@yahoo.com) . If enough participation is confirmed, we will begin class after Toby has left.

Thank you,

Master Tony E Hansen, 4<sup>th</sup> Dan