



# TAE KWON DO

VILLAGE OF HAWTHORN WOODS

## Little Jins (Ages 4-6)\*

This program meets two days a week to introduce our youngest students to Taekwondo. It is designed to teach children how to build a strong healthy body and provides the foundational elements for improved motor skills, better ability to pay attention and follow directions, practice courtesy and discipline, and gain self-confidence. Instructed by OTA.

**Session 1: Sept. 4 - Oct. 19**

**Wed, 4:30 p.m. - 5:00 p.m.**

**Sat, 10:00 a.m. - 10:30 a.m.**

Village Hall - Barn

Fees: \$196/Res; \$225/Non-Res

Code: 2636

**Session 2: Oct. 23 - Dec. 14 (no class 11/27 & 11/30)**

**Wed, 4:30 p.m. - 5:00 p.m.**

**Sat, 10:00 a.m. - 10:30 a.m.**

Village Hall - Barn

Fees: \$196/Res; \$225/Non-Res

Code: 2645

## Kids & Family Taekwondo

### (Ages 7 & up)\*

This program reinforces the basic components of Taekwondo to children. Class meets twice a week. It is designed to introduce the art of Tae Kwon Do to children by instilling the five ancient tenets of Taekwondo in them as a way of life - courtesy, integrity, perseverance, self-control and indomitable spirit. This program provides the foundation for physical and psychological training; increasing their strength, fitness, flexibility, confidence, focus and discipline. Instructed by OTA.

**Session 1: Sept. 4 - Oct. 19**

**Wed, 5:00 p.m. - 5:45 p.m.**

**Sat, 10:30 a.m. - 11:15 a.m.**

Village Hall - Barn

Fees: \$196/Res; \$225/Non-Res

Code: 2635

**Session 2: Oct. 23 - Dec. 14 (no class 11/27 & 11/30)**

**Wed, 5:00 p.m. - 5:45 p.m.**

**Sat, 10:30 a.m. - 11:15 a.m.**

Village Hall - Barn

Fees: \$196/Res; \$225/Non-Res

Code: 2646



The Village of Hawthorn Woods partners with Ong Taekwondo Academy (OTA) to bring martial arts to the Hawthorn Woods Community.

### OTA Student Creed

We commit ourselves to only good deeds, our minds to only good thoughts, our hearts to only good feelings, and never to abuse our Martial Arts. Our goal is to achieve discipline, respect and self-control.

Learn more about OTA including its mission, objective and instructors at: [www.vhw.org/taekwondo](http://www.vhw.org/taekwondo)

**\*\* All participants must wear a uniform. A uniform includes a top, bottom, and belt. Uniform fee is \$60 (separate from program fees).**

