

STRENGTHEN YOUR MIND AND BODY

태권도 Taekwondo

태권도



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FOR EVERYONE 4 YEARS AND OLDER
REGISTER AT JCCSTL.ORG



Return with payment to:

The J, Attn: Alex Langella, 2 Millstone Campus Dr., St. Louis, MO 63146

We cannot complete registration without payment. No refunds.

Participant Information

Name _____

Member Public DOB _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email (for confirmation) _____

Belt Rank _____

Taekwondo/Yong Shins Pricing

Monday and Wednesday at SFC

Thursday and Saturday at Fox

\$46m/\$69p per month

Program Information

Steenberg Family Complex (Grève Coeur)

Yong Shins: Mon – 6:30pm

Youth Beginner Taekwondo: Wed – 6:30pm

Youth Advanced Taekwondo: Wed – 7:30pm

Adult Taekwondo: Mon – 7:30pm

Billing will automatically carry over to subsequent months. Changes or cancellations must be submitted in writing 30 days in advance of the change. No refunds are issued for days missed.

Marilyn Fox Building (Chesterfield)

Little Ninjas: Thu - 5:30pm

Little Ninjas: Sat – 2:00pm

Taekwondo Beginners: Thu - 6:30pm

Taekwondo Beginners: Sat - 3:00pm

Taekwondo Advanced: Thu - 7:30pm

Taekwondo Advanced: Sat - 4:00pm

Payment Information

Participants will be sent a form to set up monthly billing.

Fee Enclosed \$ _____

Check # _____ (payable to JCC)

Charge my card on file Place my credit card on file*

Credit Card # _____

Exp. Date _____

Signature _____

*Name (as it appears on credit card) _____

*Billing address (if different from above) _____

TAEKWONDO

CLASSES

Yong Shins (SFC, 4-6 years old), Little Ninjas (Fox, 4-7 years old)

Introduction for children into the world of Taekwondo. Little ones will have fun learning and training while building confidence and coordination.

Taekwondo (SFC age 7 - adult, Fox age 8 - adult)

Training includes a combination of combat technique, self-defense, sport, exercise, meditation, entertainment and philosophy. Students will further their skill development and acquire strength, self-confidence, knowledge and control.

DETAILS

- Uniforms are purchased from the instructor for \$40.
- Advancement and belt testing opportunities are offered throughout the year.
- Fees associated with testing are paid directly to the instructor.

DATES AND RATES

Mondays and Wednesdays at SFC
Thursdays and Saturdays at Fox

Participants may attend appropriate classes at either building.
\$46m/\$69p each month

태권도

Staenberg Family Complex

Instructor: Joe Barnard, 6th degree black belt

Yong Shins

Mon 6:30 – 7:15pm

Taekwondo Adults

Mon 7:30 – 8:30pm

Taekwondo Youth

Wed 6:30 – 7:30pm (Beginners)

Wed 7:30 - 8:30pm (Advanced)

Marilyn Fox Building

Instructors: Philip Hardin, 3rd degree black belt

Ross Marquart, 2nd degree black belt

Little Ninjas

Thu 5:30 – 6:15pm

Sat 2:00 – 3:00pm

Taekwondo Beginners

Thu 6:30 – 7:30pm

Sat 3:00 – 4:00pm

Taekwondo Advanced

Thu 7:30 – 8:30pm

Sat 4:00 – 5:00pm



Contact: Alex Langella, 314.442.3498, alangella@jccstl.org

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