

Please check the appropriate session:

2003 Sessions

- November 2003 Session
- December 2003 Session

Payment Code:

- #4513
- #4514

2004 Sessions

- January 2004 Session
- February 2004 Session
- March 2004 Session
- April 2004 Session
- May 2004 Session
- June 2004 Session
- July 2004 Session
- August 2004 Session
- September 2004 Session
- October 2004 Session
- November 2004 Session
- December 2004 Session

Payment Code:

- #4403
- #4404
- #4405
- #4406
- #4407
- #4408
- #4409
- #4410
- #4411
- #4412
- #4413
- #4414

Agreement:

1. I hereby certify that my child/myself is in normal health and capable of safe participation in the YMCA Tae Kwon Do Program. I assume all the risk(s) and hazards incidental to the conduct of this program and for the transportation to and from the program. I hereby authorize the YMCA to obtain medical treatment for my child or myself in the event that parent(s) or guardian cannot be reached.
2. The YMCA reserves the right to dismiss any individual for inappropriate behavior.
3. The YMCA strongly recommends that parents stay at all classes and competitions.

Participant's Signature _____
(or parent's signature, if participant is under the age of 18)

Date _____

NONPROFIT ORG
U.S. POSTAGE
PAID
LOUISVILLE, KY
PERMIT NO. 152

YMCA of Greater Louisville
Downtown Family Branch
555 South Second Street
Louisville, Kentucky 40202
phone 502.587.6700
fax 502.587.2349
www.ymcalouisville.org

Current Resident or



Downtown Family Branch

Y M C A

Tae Kwon Do



Tae Kwon Do · Ages 5-Adult

Our Mission

The Young Men's Christian Association of Greater Louisville, a non-profit charitable organization, is dedicated to providing services that are based on Judeo-Christian principles and that enable all persons, regardless of race, religion, income, gender or physical ability, to achieve their full potential in spirit, mind and body.

Our Pledge

Within the available resources of the YMCA of Greater Louisville, we will provide services for any youth or adult who desires to participate, regardless of their ability to pay established membership, class or program fees. Those not able to pay the full fee may receive fee assistance through the "YMCA Share Program" based on their demonstrated ability to pay, and the YMCA's ability to fund the subsidy. For an application, please call the Downtown YMCA at 587-6700.

The Share Program

Membership and program fee assistance is available through the YMCA Share Program. Visit the Courtesy Counter for an application, or call the Downtown Family YMCA at 587-6700.

Character Development

At the YMCA we challenge our members, program participants, volunteers and staff to accept and demonstrate positive values to help us fulfill our mission. Our four core values and their respective "colors" that we uphold are Caring (red), Honesty (blue), Respect (gold), and Responsibility (green). These core values provide the framework for our program and membership activities as we strive to build strong kids, strong families, and strong communities.

Fees*

Division	YMCA Member	Non-YMCA Member
	\$25.00	\$35.00
	per session	per session

• A \$10 Annual program membership fee is necessary for all non-YMCA members.

* Fees do not include uniform

Sessions

- Separate classes for children and adults are offered for more specialized instructions.
- Each session consists of eight classes.
- Children classes are held on Tuesday evenings from 7:00pm-8:00pm and Saturday mornings from 11:00am-12:00pm.
- Adult classes are held on Tuesday evenings from 7:30pm- 9:00pm and Saturday mornings from 11:30am-1:00pm.

Tae Kwon Do Defined

Tae Kwon Do is defined in the following manner: "Tae" means to jump, kick, or smash with the foot. "Kwon" denotes a fist with which to punch, strike, or block. "Do" means an art, way, or method to achieve a desired goal. Tae Kwon Do in its simplest form is techniques of unarmed combat for self-defense.

The specific style of TKD studied at the Downtown YMCA is called Chung Do Kwan. The club studies the art in a traditional way. We aim to train the spirit, mind and body. Each belt rank promotion involves demonstrating specific techniques that have been learned as well as demonstrating knowledge gained as a part of study. For example, a test may involve reciting a form meaning (relating to the history of Korea), some new Korean terminology, some general knowledge about the art as well as demonstrating forms, sparring, techniques, etc.

We focus our physical studies in four general areas; sparring, forms, one steps and board breaking. There is a specific reason for each area of study. Forms are used to hand the whole art of Chung Do Kwan from one generation to the next. They are the textbook of martial arts combining varieties of techniques into patterns of movements. Sparring teaches quick reactions and concentration in stressful situations. One steps teach specific techniques that can be used for self defense. Board breaking teaches instant development of power in each technique.

Benefits of Tae Kwon Do

Benefits from participating in Tae Kwon Do include:

- Building of self-confidence
- Development of self-discipline
- Increased concentration
- Improved coordination and balance (physical agility)
- Knowledge of self-defense
- Enhanced mental stability

Registration Hours: Register by mail or in person.

Downtown	
Monday-Friday	6:00am-8:00pm
Saturday	6:00am-4:00pm
Sunday	9:00am-4:00pm

CONTACT THE DOWNTOWN YMCA AT 587-6700 FOR MORE INFORMATION.

FOR OFFICE USE ONLY

Date Received _____ Amount Received _____
 Check Cash Charge Staff Initials _____

YMCA of Greater Louisville 2004 Tae Kwon Do Registration Form

PARTICIPANT INFORMATION

DT Branch 04 Member # _____ Program 58

Participant's Name _____

Address _____

City _____ State _____ Zip _____

Sex _____ Age _____ DOB _____

(Participants under the age of 18)

Mother's Name _____

Mother's Employer _____

Home Phone _____ Work Phone _____

Father's Name _____

Father's Employer _____

Home Phone _____ Work Phone _____

Family E-mail Address _____

Fax Information (Downtown 587-2349)

Card Type: Visa Mastercard

Amount _____

Name _____

Card Number _____

Expiration Date _____

Signature _____

