

Anneliese's Enrichment
Tae Kwon Do & Yoga



program
handbook

Anneliese's Enrichment

Tae Kwon Do & Yoga



Dear Parents,

Anneliese's Schools is honored to introduce this balanced wellness and fitness program; training the mind, body and spirit. Tae Kwon Do and Yoga courses are both offered as part of this unique program. This is a special opportunity for your children to learn both arts from world-class instructors with decades of experience.

Everything that we strive to teach your children will take time, commitment and hard work. We cannot do this without a parent's support. Classes are conducted in a traditional manner, demanding hard work, and so most children will occasionally become discouraged. They may express boredom, they may make excuses, they may even rebel when required to attend a class. Busy and conflicting schedules may also become an issue. We cannot stress enough the importance of commitment to this program. This will take work on your part as well as your children. But as we say, anything worth achieving is worth being committed to and working hard for!

We are confident you will see a difference in your children's abilities and attitude. Their lives will be significantly impacted for the better.

For more information please visit our Website. You may also contact your campus administrator or the instructors directly!

Be on the lookout for our soon-to-come weekend workshops, demonstrations and open-house events!

www.chosacademy.com

welcome

Martial Arts: Children's Yoga & Tae Kwon Do

The Program

Our unique martial arts program integrates the ancient arts of Korean Tae Kwon Do and Asian Indian Yoga. Martial arts teaches important life skills and empowers children with good health, discipline, confidence, focus, strength, and respect.

Students will be taught basic techniques, exercises, stretches, kicks, punches, blocks, meditation and self-defense. They will also be exposed to Korean/Indian history and language.

Enrolling in this enrichment program provides exposure to both great arts. Children will train in a safe and fun environment, taught by passionate instructors who have decades of experience.

Get your young ones interested in practices that has proven for thousands of years to change lives for the better.

Your Instructors

Ms. Dana Sara

Ms. Sara is a lifelong yoga practitioner and instructor with over 28 years of experience. She has trained extensively in dance and has performed in several professional companies including Ballet West. She was a sponsored snowboarder for 15 years. Ms. Sara has been sought out to teach world-class athletes and artists.

Ms. Sara brings a sincere care and commitment to teaching. Kind-spirited, open-hearted and an expert at what she does, Ms. Sara is thrilled to initiate this program for Anneliese's Schools.



Mr. Jacob Cho

Jacob Cho has a lifetime of martial arts experience. He was trained by his father, Grandmaster Hee Il Cho, a living martial arts legend. As a young competitor he captured several national titles. He has trained with and taught some of the world's most talented martial artists.

Mr. Cho remains dedicated to his own training and now has over 20 years of teaching experience. He is an expert and is very passionate about passing on the tradition, spirit and skills of Tae Kwon Do. He is excited to have this program at Anneliese's Schools.



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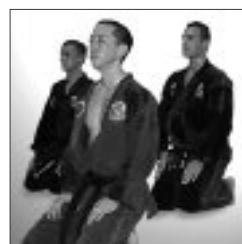
Program Rules

1. Students must arrive on time and may not leave early.
2. More than two classes missed may result in being dropped.
3. Always follow the directions of the class instructor.
4. Be courteous and respectful at all times.
5. Use sir, ma'am and last names only when speaking to instructors.
6. No loud talking, laughing, hitting or playing is permitted.
7. No drinking, eating or chewing gum is allowed.
8. Always clean up after yourself.
9. Train hard and apply full effort at all times.
10. Stand straight and/or in technique position at all times.
11. Request permission prior to entering or leaving a class in progress.
12. Learn all of the rules, memorization and technique requirements.

discipline

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Tae Kwon Do Aims To Achieve

- Courtesy being polite and respectful
- Integrity doing the right thing always
- Self Control being master of your own impulses
- Modesty being humble and unassuming
- Perseverance never giving up
- Indomitable Spirit never wanting to give up

Korean Terminology

- Tae Kick
- Kwon Punch
- Do Art, Method or Way

- Charyot Attention
- Kyung-Nae Bow
- Jhoon-Bee Ready
- Baro End or Return
- Ki-Hap Yell

- Ha-Na One
- Dul Two
- Set Three
- Net Four
- Tah-Sot Five
- Yo-Sot Six
- Il-Gohp Seven
- Yoh-Duhl Eight
- Ah-Hop Nine
- Yuhl Ten

respect

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Atha Yoganusasanam: The Practice of Yoga is Now

Yoga	Union
Asana	Pose
Prana	Breathe
Dhyana	Meditate
Hatha Yoga	Living in Balance
Ashtanga Yoga	Eight Limb System

Yoga Terminology

Surya	Sun
Chandra	Moon
Padma	Lotus Flower
Tada	Mountain
Vrksa	Tree
Garuda	Eagle
Baka	Crow
Kapota	Pigeon
Matseya	Fish
Nau	Boat
Raja	Royal
Vira	Hero
Om	Eternal Vibration
Exam	One
Dve	Two
Trini	Three
Catvarti	Four
Panca	Five
Sat	Six
Sapta	Seven
Astau	Eight
Kava	Nine
Dasa	Ten

balance

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Commitment Form (please complete and return)

Student Name: _____

Age: _____

Martial Arts Experience: Y / N

What Style & How Long: _____

Parent Name: _____

Sign understanding that students may be dropped if any rule is broken:

Student Signature: _____

Parent Signature: _____

harmony