

Saturday Tae Kwon Do & Yoga Advancement Workshops

What It Is & Who It's For

Mr. Cho and Ms. Sara, in conjunction with Anneliese's Schools, are offering two Saturday Tae Kwon Do & Yoga Advancement Workshops for children enrolled in this trimester's Martial Arts Enrichment Program.

The Saturday workshops will be longer in duration than the weekday enrichment classes and thus will offer more specialized and focused training. Additionally the workshops will offer the experience of both Tae Kwon Do and Yoga being practiced back-to-back for a balanced and very unique experience.

We will have several assistant instructors helping in order to provide your children very individualized attention and instruction!

Why

Because trimesters are relatively short, these workshops are a crucial supplement that will ensure everyone gets the absolute most from their training. Students are typically immersed in a very disciplined environment; however, to keep kid's excitement and interest levels high, we will be adding special martial arts related activities to these workshops.

Where

Workshops will be held at the Willowbrook campus (auditorium).



Workshop Dates & Costs

■ Saturday, 5/16 -----

TKD: 10:30 - 11:30

Break: 11:30 - 11:45

TKD: 11:45 - 12:15

Yoga: 12:15 - 01:15

■ Saturday, 5/23 -----

TKD: 10:30 - 11:30

Break: 11:30 - 11:45

TKD: 11:45 - 12:15

Yoga: 12:15 - 01:15

We encourage attending both workshops as consistent practice is essential for progress and advancement.

Core Workshop Focus

- Meditation
- Advanced Stretching
- Strength Drills (push-ups, sit-ups, etc.)
- TKD Fundamentals
- Basic Boxing Techniques
- TKD Kick & Punch Combinations
- Basic Defense Drills
- Jump & Spinning Kicks
- Possible Board Breaking
- Yoga

The purpose for the workshops is to facilitate the advancement of those enrolled in our program.

Sign Up Now: \$60 for a single day or only \$95 for both**

--- Roughly 5 Hrs of Total Workshop Time ---

Student Name: _____

Parent Name: _____

Contact Info: _____

Please indicate which *date(s)* you are enrolling for: BOTH -or- 5/16 -or- 5/23

DEADLINE: form & checks, payable to Jacob Cho, due by Wednesday, 5/13. ****Financial assistance available.**