

# Anneliese's Enrichment: Tae Kwon Do

## A Unique Enrichment Program

Tae Kwon Do is an ancient Korean martial art. By definition, it implies discipline of the body, mind and spirit; a way to a better life.

This program will empower your children with discipline, focus, respect, strength and more. We have been getting great feedback from families already enrolled.

Your children will be taught Tae Kwon Do fundamentals and self-defense techniques. They will be exposed to Korean culture, history, language and the complementary art of yoga. Unlike many schools today, classes are conducted in a traditional manner. We hold a high level of expectation and nurture achievements of excellence. Children have fun, but at the same time work very hard--physically and mentally.

You will see a difference in your children's attitude in and out of the classroom. This program will make a significant positive impact on their life.

## Your Instructor: 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 true Tae Kwon Do.

## Benefits for Children

- Respect
  - Integrity
    - Self-Discipline
    - Self-Confidence
    - Focus & Concentration
    - Hard Work & Determination
    - Perseverance & Non-Quitting Spirit
    - Responsibility
    - Goal Setting
    - Leadership Skills
    - Good Fitness
    - Self-Defense

## Learn More About Us Online

Our Website provides more details about this invaluable enrichment program. You'll find additional information about Mr. Cho, TKD benefits and a very useful *Parent Resources* section--you can download program forms and documents.

[www.chosacademy.com](http://www.chosacademy.com)

**Program Cost: \$55\*\* --- Sign Up Now!**

Select One Below (children may swap class times and/or campuses if schedules conflict—subject to pre-approval):

- Manzanita on Wednesdays (4-5pm -- all ages)
- Willowbrook on Mondays (3-4pm -- k - 3<sup>rd</sup>) -or-  Willowbrook on Mondays (4-5pm -- 4<sup>th</sup>- 6<sup>th</sup>)

Student Full Name & Grade: \_\_\_\_\_

Parent Full Name: \_\_\_\_\_

Contact Telephone & Email Address: \_\_\_\_\_

**Checks payable to Jacob Cho.** Enrollment forms and checks should be submitted to the Anneliese's Admin Office.

**\*\*Financial assistance available.** Contact Jacob Cho directly with any questions about this program: **310-447-4765.**