

PRECISION TAE KWON DO SCHEDULE:

PRECISION TAE KWON DO SCHEDULE (TUESDAY)		
	BLUE ROOM	PURPLE ROOM
6:00pm-7:00pm	Intermediate/Advanced (All Ages)	Little Ninjas/Beginner
7:00pm-8:00pm	Senior Sparring	Junior Sparring

PRECISION TAE KWON DO SCHEDULE (WEDNESDAY)			
SPRINGFIELD LOCATION- MALAHIDE COMMUNITY PLACE, 12105 WHITTAKER ROAD			
	ROOM A	ROOM B	ROOM C
6:30pm-7:30pm	Little Ninjas	Beginner	Intermediate/Advanced

PRECISION TAE KWON DO SCHEDULE (SATURDAY)		
	BLUE ROOM	PURPLE ROOM
9:00am-10:00am	Intermediate/Advanced (12 & Under)	Little Ninjas/Beginner
10:00am-11:00am	Senior Sparring	Junior Sparring
11:00am-12:00pm	Demonstration Team (Invite Only)	Teen/Adult (13+)

MEMBERSHIP FEES:

*****Discounts for Paying Six Months or a Year in Full!*****

Individual Membership			
Classes	1-2/Week	Up to 3/Week	Unlimited
Per Month	\$30	\$45	\$65

Family Membership (Two or More People from Same Family)			
Classes	1-2/Week	Up to 3/Week	Unlimited
Per Month	\$50	\$75	\$100

****Students who wish to compete must take a minimum of two curriculum & one sparring class per week****

*** Bring a Friend & if they sign up, you receive one month free! ***

NEW MEMBER SPECIAL: Eight Classes & a Uniform for \$75



Frequently Asked Questions

What is Tae Kwon Do?

Tae Kwon Do is a traditional Korean martial art known for its kicking and fast hand techniques. Tae Kwon Do is an Olympic sport that combines combat and self defense techniques with sport and exercise.

Is there an age limit?/Am I too old to join?

You are never too old to join! We have trained students as young as four, up into their 70s. All ages have something to gain from learning Tae Kwon Do.

What can I/my child expect to learn from Tae Kwon Do?/What can Tae Kwon Do teach me?

While training in Tae Kwon Do you can expect to learn proper self defense techniques, patterns, as well as a series of kicks, blocks, punches, and stances (both basic & advanced). Students will also be taught how to break boards with a number of techniques, and learn, and participate in sparring. Students also have the option to go one step further and compete with their patterns, and spar at tournaments.

Are there other benefits to learning Tae Kwon Do?

Yes! In addition to learning self defense, patterns, and proper sparring techniques, students can also expect to gain:

Physically: Develop strength, speed, balance, coordination, as well as increased flexibility, stamina, & better overall health.

Tae Kwon Do also develops respect, discipline, confidence, & leadership skills. Students have also noted having better focus/concentration, as well as better memorization skills after training in Tae Kwon Do.

What equipment do I need to participate?

For your first couple classes all you need is clothes you can move freely in. Once you know Tae Kwon Do is the sport for you, and you would like to continue training you will need to purchase a uniform which consists of pants, tops, and your white belt. You do not need shoes to participate as Tae Kwon Do is done in bare feet.

What are tips, and what do they mean?

Tips are pieces of tape that your instructor will put on your belt to signify that you know the skills for that particular belt level. You need a certain amount of hours to be considered to be tip tested (your instructor will keep track for you). A tip test is a mini 5-10 minute training session where your instructor will guide you through a series of movements. Tip tests usually consist of kick combinations, blocks, self defense, or patterns. You need three tips to be able to test for your next belt.

How often do students get tips?

How fast students receive tips is dependent on how many hours you train per week; the more you train, the faster you'll progress!

What is a pattern?

A pattern, or "poomsae" in Korean, is a series of moves put together to simulate fighting. Patterns are the traditional part of martial arts. They are meant to demonstrate your power, control, technique, and flow with a cadence. Most belts typically require you to learn a new pattern to be promoted.

How do belt promotions work?

In order to test for your next belt you need three tips on your belt. When your instructor thinks you are ready you will be given a testing form that has questions you are required to answer, as well as some basic Korean terminology you will be expected to know. Testing days will be announced a few weeks-months in advance to make sure the student has ample preparation time. Promotion tests are an additional fee.

What is the dress code?

A full uniform is required from October 1st- April 30th. Students may elect to wear club t-shirts for sparring class. Club t-shirts may also be worn during our warmer months from May 1st- September 30th, with the exception being for belt tests.

A full uniform is described as:

- White long sleeve dobok top
- White or black Tae Kwon Do pants
- Your belt

How long will it take me to graduate each belt rank? How long will it take me to become a black belt?

Everyone is different! The more you train, the faster you will progress through the belt ranks.

PRECISION TAE KWON DO REGISTRATION FORM

To be signed by parent or guardian of a minor child, or the participant if they have reached the provincial age of majority.

I (We), _____ (Parent/Guardian) hereby acknowledge and agree that in consideration of _____ (Name of Student), permit him/her to participate in Tae Kwon Do, and agree to the contract listed below.

Release, Waiver, and Assumption of Risk

We Precision Tae Kwon Do, will strive to create a safe environment for our students to train and develop new skills. Tae Kwon Do, as with any sport, contains unanticipated risks which can result in physical injury. Risks include, but are not limited to bruises, sprains, and broken bones.

1. I (We) do hereby release Precision Tae Kwon Do, it's Members, Employees, and Volunteers from all liability, claims, and/or causes of action of any kind whatsoever in respect of all personal injuries, or property losses or damages which our/my child may suffer arising out of the activities of Tae Kwon Do.
2. I (We) do hereby acknowledge and agree
 - (a) That Tae Kwon Do may be dangerous and expose our/my child to risks and hazards.
 - (b) That I (We) freely and voluntarily assume all the aforementioned risks and hazards for our/my child.
3. That I (We) have carefully read this Release, Waiver, and Assumption of Risk agreement, that I (We) fully understand same, and that I am (We are) freely and voluntarily executing same.
4. That I (We) understand clearly that by signing this Release I (We) will be forever prevented from suing or otherwise claiming against Precision Tae Kwon Do, it's Members, Employees, or Volunteers.

By signing below, I have read through and agree to all of the above conditions mentioned in the Release, Waiver, and Assumption of Risk.

Name of Participant(s): _____

Signature of Parent/Guardian: _____

Date: _____

REGISTRATION INFORMATION

Student's Name: _____

Age: _____ Birth Date (dd/mm/yy): _____

Parent's Name(s): _____

Address: _____

City: _____ Postal Code: _____

Home: _____ Cell: _____

Email: _____

Medical Information: _____

Student's Name: _____

Age: _____ Birth Date (dd/mm/yy): _____

Parent's Name(s): _____

Address: _____

City: _____ Postal Code: _____

Medical Information: _____

Student's Name: _____

Age: _____ Birth Date (dd/mm/yy): _____

Parent's Name(s): _____

Address: _____

City: _____ Postal Code: _____

Medical Information: _____

PHOTOGRAPHY RELEASE FORM:

I hereby authorize *PRECISION TAE KWON DO*, hereafter referred to as "Company," to publish photographs taken of myself and/or the minor child or children listed below, and our names and likenesses, for use *PRECISION TAE KWON DO*'s print, online and video-based marketing materials, as well as other Company publications. This includes, but is not limited to Facebook, Instagram and our Website.

I hereby release and hold harmless *PRECISION TAE KWON DO* from any reasonable expectation of privacy or confidentiality for myself and for the minor child or children listed below. Further, I attest that I am the parent or legal guardian of the child or children listed below and that I have full authority to consent and authorize *PRECISION TAE KWON DO* to use their likenesses and names.

I further acknowledge that my participation is voluntary and that neither I, the minor child, or minor children will receive financial compensation of any type associated with the taking or publication of these photographs or participation in company marketing materials or other Company publications. I acknowledge and agree that publication of said photos confers no rights of ownership or royalties whatsoever.

I hereby release *PRECISION TAE KWON DO*, its contractors, its employees, and any third parties involved in the creation or publication of marketing materials, from liability for any claims by me or any third party in connection with my participation or the participation of the minor children listed below.

Authorization:

Printed Name: _____

Signature: _____ Date: _____

Relationship to Children: _____

Names of Minor Children:

Name: _____

Name: _____

Name: _____

Name: _____

TAEKWONDO ONTARIO FEES (DUE ANNUALLY)

This annual fee is a mandatory part of continuing your Martial Arts training with Precision. Please read through the Frequently Asked Questions below to get a better understanding of what this Membership entails.

Taekwondo Ontario Fees are due once you are a registered student, and every September thereafter.

What is Taekwondo Ontario?

Taekwondo Ontario (Formerly the 'OTA' Ontario Taekwondo Association) is the official Governing Body for WT (World Taekwondo) in Ontario, recognized as the Provincial Sport Organization (PSO) by The Ministry of Tourism, Culture & Sport (MTCS), and the NSO, Taekwondo Canada. The Ontario Taekwondo Association is solely affiliated with Taekwondo Canada (TC), the National Sport Organization for Taekwondo in Canada.

How does this membership benefit our club?

Besides providing you the student and our club with insurance, TKD Ontario also keeps us up to date with/on Sparring & Pattern changes each year and ensures we continue to offer standardized belt tests.

What does this mean to me as a student or parent of a student?

Membership with the OTA ensures you/your child still continue to receive quality instruction, with up to date patterns, sparring and rule changes as well as covers your child under our Club insurance, as well as insurance in the event of an injury at a sanctioned tournament.

Your membership also allows students to go compete at Sanctioned Tournaments for less than if you are not a member. For example, a one-day membership is typically \$25-\$30 plus the cost of entering the tournament. Your membership with TKD Ontario is just a little more and is valid for a whole year beginning September 1st.

Student(s) Name(s):_____

D.O.B.:_____

Address:_____

Name of Parent/Guardian:_____