

Huggins Tae Kwon Do Academy



Class Schedule



Little Dragons (age 3 - 5):

Wednesday

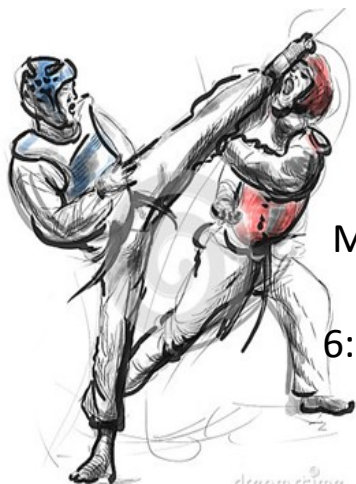
5:30 - 6:00 pm

Junior Class

(age 6 - 11):

Monday, Tuesday,
Thursday

5:30 pm - 6:15 pm



Senior Class

(age 12 & up):

Monday, Tuesday,
Thursday

6:20 pm - 7:10 pm

Tuition Payments

(based on automatic bank draft)

One student.....\$100.00 per month

Two per family.....\$135.00 per month

Three per family.....\$170.00 per month

Four per family.....\$200.00 per month

In house payments (cash or check): If you choose to pay by cash or check there will be an additional fee of \$10.00 added to above prices.

Belt Promotion Tests: Colored belt promotion tests occur approximately every 3 months. The testing fee for 8th Gup Yellow Belt through Associate Black Belt is \$40.00.

Sparring Gear: All students are required to purchase sparring gear by the time they make 8th Gup Yellow Belt:

Full Set = \$110.00



Two Week Trial Program: (\$24.00) This includes two weeks (Four Lessons) and a **FREE UNIFORM!!**

Tae Kwon Do

The Art of Self-Defense



419 N. Main Street

Mauldin, S.C. 29662

(864) 297-9420

www.hugginstkd.com

Email: whuggins1572@att.net

Check us out on Facebook at:
Huggins Taekwondo Academy



TAEKWONDO In Korean, "Tae" means to strike or kick with the foot, "Kwon" means to strike or punch with the hand, and "Do" means the path of discipline - the right way of doing things.

Taekwondo is far more than simply a system concerned with physical prowess, it is also an art directed toward the moral development of its practitioners.

태권도

Tenets of Tae Kwon Do

Courtesy, integrity, perseverance, self-control, and indomitable spirit. These five tenets say it all. Tae Kwon Do is the ancient art of self-defense. Tae Kwon Do teaches self-discipline, confidence and builds the body and mind. As a method of keeping fit and healthy, it develops balance, coordination, aerobic fitness, strength and flexibility. In addition, it also challenges the mind and requires constant mental alertness and agility. Finally, the sporting element allows those students that like to compete an opportunity to test their skills against others in a safe environment.



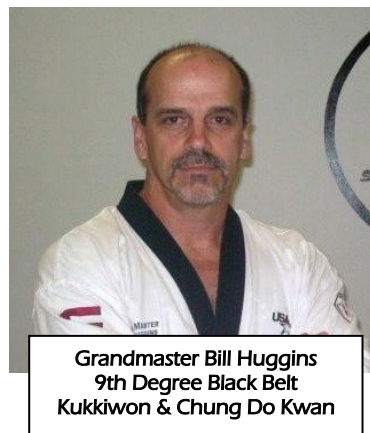
Our School/Dojang

The Huggins Taekwondo Academy was established April 6, 1986. All of the classes are taught by Bill and Ann Huggins, both of which are internationally

certified by the Kukkiwon (World Taekwondo Headquarters) in Seoul, Korea. They both are highly skilled martial artists and motivators that lead by example and teach with enthusiasm and patience. Both Mr. Huggins and Mrs. Huggins take a personal interest in each one of their students' physical and mental development inside and



teaching skills and methods.



outside of the Taekwondo dojang. Mr. and Mrs. Huggins also have master degrees in education, which further adds to their wide range of effective

Benefits from Taekwondo

- ♦ Improves confidence
- ♦ Improves self-esteem
- ♦ Develops listening skills
- ♦ Teaches discipline & respect
- ♦ Improves physical fitness
- ♦ Channels energy
- ♦ Teaches life skills

Our Programs

- ♦ **Little Kickers 4 & 5 year olds:** For our youngest students this program offers age appropriate training that focuses on coordination, balance, following directions and cooperative learning. This 30 minute class includes martial arts, agility drills, and basic tumbling.
- ♦ **Junior Class 6 - 11 years old:** This class cover basic through advanced techniques designed to improve flexibility, coordination, and strength. It includes kicking drills, forms, sparring, and self-defense techniques.
- ♦ **Senior Class 12 years & up:** This class covers the same things as the junior class, but at a more intense level.