



## AFTER SCHOOL TAEKWONDO AT HUBBARD WOODS ELEMENTARY



After having a wonderful Spring and Fall sessions After School Taekwondo, Masters Mary Ann and Master Fernando Agbon from Agbon Martial Arts both (6<sup>th</sup> Dan Black belts) will be back for an After School program.

Taekwondo, a Korean Martial Arts that was developed more than 2000 years ago and is now a part of Summer Olympics. This class is designed to captivate the interest of young kids as young as 4y.o. Skills are developed through gentle instruction and appropriate games for their ability. Teaching kicking, punching, blocks and self defense. Using activities to captivate the interest of the young ones from stretching to engaging games that incorporate physical fitness, self defense, balance, memory, coordination, teamwork, **character development**, control, respect and discipline of martial arts training that can even be used in everyday life.

The last day of the class towards the last 15 minutes. Parents get to watch their kid get a chance to break a real board (included in the fee).

### **TAEKWONDO— WINTER 2022**

**K — 4<sup>TH</sup> GRADE**

**DATES: NOVEMBER 29<sup>TH</sup> — FEBRUARY 28<sup>TH</sup> (TUESDAYS)**

**TIME: 3:15 — 4:00 PM**

**PRICE: \$180.00 (NO FEE PRORATION; NO MAKE-UP AVAILABLE)**

**LIMITED TO FIRST 20 STUDENTS**

**TO REGISTER: PLEASE COMPLETE ONLINE FORM**

**[HTTPS://FORMS.GLE/SIPLURAIT4DAMDFAA](https://forms.gle/siPLURAIT4DAMDFAA)**

**YOU MAY PAY BY CHECK PAYABLE TO AGBON, ZELLE PAY, VENMO TO  
AGBONMARTIALARTS@GMAIL.COM**

**Agbon Martial Arts | 1(847)219-9932 | 1417 Lake Ave. Wilmette, IL 60091 | [www.agbonmartialarts.com](http://www.agbonmartialarts.com)**