



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TAE KWON DO

**Develop Physical and Mental Strength**  
Fall 1 Session September 3rd–October 27th, 2019

TKD is a highly stylized and deliberate method of disciplined martial arts training. The result is the empowering sense of self worth and the ability to control one's physical and personal destiny.

## YOUTH PROGRAM

**Mondays and Wednesdays**

**From 4:30 to 5:15pm**

**Ages: 5 to 12**

**Price:**

- . Full Member: \$140**
- . Program Members \$184**
- . SACC: \$123**

**Located in Studio A**



## CONTACT

Jen Dryzga, Wellness Director @jen.dryzga@ymcadc.org



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# TKD EQUIPMENT ORDER FORM

Member Number: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Program Days (Circle one): Monday/Wednesday (Youth)      Monday (Kinderkicks)      TKD (Private)

Name of Parent: \_\_\_\_\_ Name of Child: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

ITEM	QTY	ITEM DESCRIPTION	SIZE	COLOR	COST
		Total Package includes: All items listed below			\$105
		Starter Package: Student 6oz.-Uniform & Belt- White			\$20
		ProForce Equipment Package: (All equipment below- minus uniform)			\$90
		Lightning Headgear			
		Lightning Sparring Punches			
		Lightning Kicks			
		Thunder Thai Shin guards			
		Elbow Guard			
		Male Supporter/Cup Set			
		Single Mouth guard			
		TKD Sidekick Equipment			
		Yin and Yang Equipment Bag			