

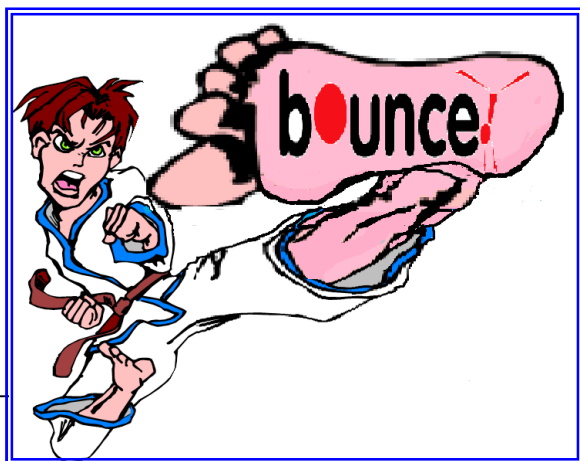
2011-12 *Bounce* Tae Kwon Do

MONDAY

- 5:40-6:30p Introduction/Beginner
(New student through Yellow)
6:40-7:30p Intermediate/Advanced
(Green Belt and UP)

TUESDAY and THURSDAY

- 5:00-5:30p Little Tigers (4-6yrs old)
(Tues or Thurs - 1 night)
5:40-6:30p Introduction/Beginner
(New student through Yellow)
6:40-7:30p Intermediate/Advanced
Green Belt and UP)



Little Tigers Class:

Held once a week, this class is for children ages 4-6 to get active and get build a beginning interest in Tae Kwon Do while having fun and building a positive attitude. Skills will focus on basic motor skills, muscle development, and active fun in an encouraging structure that can easily lead into the Introduction and Beginning class later.

Introduction/Beginner Belt Class:

The beginning and introduction class is a slow start into martial arts with emphasis on the fundamentals. Emphasis is placed on learning body position, form and technique at this stage. Additional exercises will help to improve flexibility and build core strength and balance. As range of motion and comfort increases additional variants of blocking and kicking will be introduced in these classes, while still maintaining an active mix of motion and high-energy activity.

Intermediate/Advanced Class:

For the students that are more familiar with the fundamental techniques and related both motions required to successfully perform effective blocks, kicks, and punches, this class will build on combinations while still improving flexibility, core strength and balance. Forms will be reviewed nightly as well as special topics to keep the class challenging and interesting.

Session 1 Dates: Sept. 6—Jan. 28

Session 1 Dates: Jan. 29—June 9

NO CLASSES: 10/15, 11/22-26, 12/20-1/2,
4/9-14, 5/28

Tuition

Registration Fee: \$40 per family (paid annually)

Discounts: 5% off total for 2nd class, 10% off total class for 3rd class, etc

Pricing	Little Tigers (30min 1 day/week)	One Day/ Week (50min)	All Nights (50min)
Session 1 - Paid in Full	\$162	\$180	\$315
Session 2 - Paid in Full	\$162	\$180	\$315
Installment Plan*	\$35	\$41	\$71

Additional fees may be required on an individual basis for rank testing, tournament competitions, or additional seminars and special events.

**Installment plan is broken into ten EQUAL installments (Sept-June), due at the first of each month with valid debit or credit card. You may choose to pay each payment with a check, however you must keep a credit/debit card on file in the event timely payment is not received. Otherwise, you will be charged a \$15 late fee and your child will not be allowed to participate until your account is current.*

Installment plan students are automatically re-enrolled in Session 2. Students may be dropped by written request during the year with 30 days notice. NO drops are accepted after May 1, 2012.

PLEASE NOTE:

Installment Plan Option is not a "monthly" payment plan. You are paying 10 EQUAL payments at the first of each month (Sept.- June).

ATTIRE:

A uniform is required and can be purchased from the program for \$45 that includes the student's name embroidered and school patch.

Sparring and advanced techniques will begin to be introduced beyond yellow belt and only if the participant has full and complete equipment that can be purchased from the program as well.

All uniforms and equipment should be purchased from the program to promote uniformity and safety.

810.632.7222 ext 25

E-mail: taekwondo@hartlandsportscenter.com

bounce
DANCE • GYMNASTICS • CHEER

2011-12 Tae Kwon Do



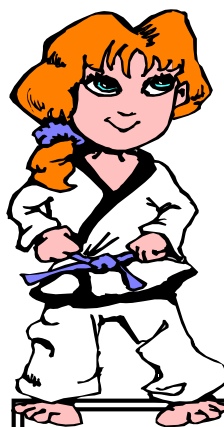
How to register:

Call the gym with your preferred day and time and register with a credit card.

All families are encouraged to enroll as soon as you choose your preferred day and time.

If you're signing up for the installment plan option you may register online at:

HartlandSportsCenter.com
CALL 810-632-7222 ext 25



MAKE UP POLICY

Students receive two (2) make up classes per child per full session. Missed classes may be made up during existing TKD classes during the same session or exchanged for Open Bounce admission during the same month as the absence. Open Bounce times are non-instructional and use of TKD equipment will be limited.

General Info:

Other:

- **All participants must have a parent-signed release form on file to participate in class.**
- If your child is over 6, you may leave the gym during class time, as long as the staff has an up-to-date cell phone number
- Children are to be picked up promptly at the end of class
- Tuition must be paid in full prior to enrollment
- Children should place their belongings in cubby holes upon entering gym
- Children must wait on the benches until their coach calls their class to the gym area
- Children are not allowed to be in the gym area when they are not in a supervised class.

REFUND POLICY

If within your child's first 30 days at Bounce you are not satisfied for any reason, we will cheerfully refund 100% of your tuition for your entire first term. If after your child's first 30 days at Bounce you need to withdraw, we will be more than happy to extend an account credit. All refund requests must be made in writing and within the *current session your child is enrolled*. Refunds and account credits will be processed within 30 days of written cancellation. Absolutely NO refunds are given on punch cards (Open Gym, Drop In, Private/Semi Lessons, and Rec Team Optional). Please see office staff for account credit details.

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Head instructor

Greg Spangler

An engineer by profession, with a Master of Engineering degree, Greg has a long history of exposure to multiple martial art styles and instruction: he holds a Water Safety Instructor certification with the American Red Cross, works part-time as a lifeguard, and has worked as an instructor for TNT at Bounce. His study of martial arts however did not start until 1982 after recreational sports and earning his Eagle Scout award. Greg began studying the Japanese art of Aikido and continued the study for the next four years. Following his interest in martial arts after college, he began studying Tae Kwon Do at Rockford Academy in 1992. Shortly after completing his 1st Dan he moved to Michigan and began studying a number of different martial arts while looking for a fit to his interest: Isshin Ryu for one year, Yuejia Kung Fu for one year, and Tang Soo Do for two years. Finally finding an opportunity to study at Bounce – Hartland Sports Center in 2005 in a Chung Do Kwon based Tae Kwon Do program. Working as an assistant instructor and continuing his training, he has since competed in numerous seminars and tournaments including the 2008 Tae Kwon Do Nationals that were held in Detroit. Training with his oldest son, Jacob, who completed his 1st Dan in Tae Kwon Do in 2010, he currently holds the rank of 3rd Dan and is continuing his study to test in the near future for his 4th Dan.

Additional instructors

Devon Perrine, 2nd Degree Black Belt

A student of Tae Kwon Do from the time he was 6, Devon has shown determination in returning after taking a break from study. He has been consistently studying from some time now and progressing towards his 3rd in the near future.

Jake Spangler, 1st Degree Black Belt

A student for nearly 5 years, he completed his 1st Degree Black Belt in October 2010. An active student at school, he continues his study of Tae Kwon Do and has an interest in learning staff forms while pursuing his next rank.

Additional support

As an affiliate of the Korean Tae Kwon Do Association of America (KTAA), Bounce TKD will also have the support of other guest black belts from the organization.

Affiliation

Korean Tae Kwon Do Association of America (KTAA)

Bounce TKD is affiliated with the KTAA through Kick's TKD which provides a fundamental basis for curriculum across multiple schools and a large area. On going training for the instructors and black belts is supported by Master Paul Rose and Grandmaster Ronald Rose. Additionally other black belts may attend from time to time from other schools to train, instruct, teach special topic classes or seminars.