



# TAEKWON-DO CLASSES



**DETAILS:** Taekwon-Do is a Korean martial art. It is the mental training and techniques of unarmed combat for self-defense as well as health. Students will learn fundamental moves (stances, kicks, strikes, and blocks), patterns, self defense techniques, sparring (fighting) techniques, board breaking, and etiquette. Taekwon-Do can be a lifelong activity with advantages for all ages. Students will improve their strength, endurance, coordination, flexibility, balance and reaction time. Taekwon-Do builds high self-esteem and a strong character. They will learn discipline, courtesy, and respect for others and for themselves.

Taekwon-Do classes are for everyone. We strongly urge that adults participate with their children, especially for those with children under the age of 8. Taekwon-Do is fun for the whole family.

**Instructor:** Scott Jackson II Degree Black Belt

**Location:** Butler Middle School  
7530 S 2700 E Cottonwood Heights

**Time:** Starts on the 18<sup>th</sup> of September  
Tuesdays and Thursdays  
6:30-7:30 for Beginners  
7:00-8:30 for Intermediate  
\*Registration on the 18<sup>th</sup> and 20<sup>th</sup> of September

**Cost:** \$35 for the Beginner Class  
\$40 for the Intermediate Class



*This program is offered by the Jordan School District Community Education Program  
Other USTF Classes can be found at: [www.ustf-utah.com](http://www.ustf-utah.com)*