

Taekwondo for Beginners at the Olmsted Community Center

This is an eight week white belt program** designed to introduce you to the Korean Martial Art of Taekwondo. Students can earn their first colored belt (yellow) at the end of the session if they meet all the class requirements and pass the yellow belt test.

- Learn the proper way to block, kick, and punch for maximum power and effectiveness.
- Learn three basic blocking techniques, three basic kicking techniques and the first three Poomse (blocking and punching patterns).
- Learn Taekwondo terms in the Korean language.
- This program is ideal for men, women and children of all ages who want to learn traditional values (discipline, honesty, humility), increase their self esteem and improve respect to parents and authority).
- Start getting fit and start learning how to protect yourself in today's society.
- Taekwondo for Beginners is ideal for all ages 7 and up, and is a great activity for the entire family.
- A belt test will be given at the end of the session for all students that have mastered the yellow belt requirements.

Contact the [Olmsted Community Center](#) for Registration Information