



Taekwondo for Kids

Program Information

The Versailles-Woodford County Parks and Recreation Department would like to thank you for registering your child for the Taekwondo for Kids program! This is a fun program that your child is sure to enjoy. The following information is designed to introduce you to the program and to make you aware of the format of the class, belt testing, belt progression and what to be prepared for as your child progress through the Taekwondo system. Please note that additional fees related to uniforms, belts, testing and sparring equipment would be incurred as your child progresses through the program. If you have questions about Taekwondo, please feel free to speak with your child's instructor.

What Is Taekwondo?

Taekwondo is a Korean Martial Art with an emphasis on fast footwork and snapping kicks that do not compromise power with the addition of speed.

Governing Bodies

- Grand Master Yeong C. Jeon of Martial Arts USA in Lexington, KY supervises the Parks and Recreation Department's curriculum and facilitates belt testing & promotion for Parks & Recreation's program.
- Martial Arts USA is governed by World Taekwondo (WT), the international federation governing the sport of Taekwondo.

Format & Goals

- Sessions are 6 weeks with one 45-minute class each week. Class attendance is important for mental retention, physical fitness, focus and discipline. Missing classes will make progress difficult.
- The goal is for students to have success in Taekwondo and to use the skills they learn in all aspects of their lives in order to achieve success in life and to use the focus and diligence practiced in class to reach any personal goal they may set.
- Other goals include teaching self-respect and respect for others, discipline, hard work, self-defense, fun, stretching and fitness.

Class Format & Uniforms

- Classes will be offered based off belt.
- Taekwondo will challenge each student to his or her personal best. More advanced students will perfect basic skills and learn new skills while taking on the responsibility of helping teach and setting a good example for newer students.
- All students must wear a Taekwondo uniform to class, which must be purchased from the instructor. **The cost is \$50, payable to Martial Arts USA through the instructor (*pricing subject to change*).**

Belt Promotion

- Belt promotions will be held every **18 weeks** (18 classes).
- Depending on the advancement of the student, promotions may be held earlier or later than 18 weeks. If so, we will contact you ahead of time and discuss before any decisions are made.
- Belt promotion (testing) is not a competition. It is a test of each student's personal best.
- Belt tests will be held at the Lexington location of Martial Arts USA, **260 Meijer Way**.
- The testing fee is **\$50**, which can be paid by check or at the front desk of the Lexington location.
- Forms can be filled out over email.
- We will give notice of belt testing 1-2 weeks prior to the testing date through email and paper notices given to the students.
- Make-up belt testings on a different date are possible, and can be discussed with the instructor or over email.

(OVER)

Health Requirements

- Please do NOT send your child to class if they are feeling sick. Children must be free of fever, sore throat, coughing, vomiting, and diarrhea for 24 hours without medication before they may join class. We will ask you to pick up your child early if they show any of these symptoms.
- If your child is sick or unable to attend class, please notify us by sending an email to sriggs.mausa@gmail.com.
- Mask wearing is optional.

Makeup classes

- If absent from class, makeup classes are no longer offered.
- In extreme circumstances, exceptions can be made if discussed with the Instructor.

Class discipline

- Encouragement; We prioritize praising, rewarding, and encouraging students to do their best.
- No physical abuse; We do not spank, pinch, pull, slap, or otherwise physically punish students.
- Discipline level; We have a three strike rule in class. For each strike there will be appropriate discipline.
(1) Push-ups and duck walk. A weak level of physical endurance. (2) Short supervised periods of time-out. (3) Cleaning and organizing the dojang/classroom.
 - In a very rare incident if the student doesn't follow directions, they will be asked to leave class for the day.

Important Note:

*Though it is our desire for all who to participate to move towards achieving black belt status, Parks and Recreation can only provide instruction up through the **ORANGE BELT** level. If your child would like to continue his or her study of Taekwondo, then he or she will need to study at an official school. Parks and Recreation recommends Martial Arts USA in Lexington. Master Jeon supervises the instructors and progression of students in our programs and teaches the same form of Taekwondo your child will be practicing at Parks and Recreation. You can reach Martial Arts USA at (859) 224-0060.*

Belt Progression

No Belt

White (No formal testing. Awarded by the instructor during the first few weeks of class)

Yellow

Orange

Green

Blue

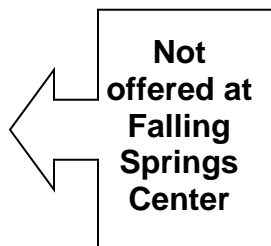
Purple

Brown

Red

Red Black

Black



Contact Information

- For information regarding class availability, times, registration and other administrative general info, please contact Amanda Waits at 859.873.5948 / await@vwcparksrec.com or Aaron Stover at 859.873.5948 / astover@vwcparksrec.com
- If you have any questions or concerns, please contact the instructor, Sabrina Riggs, at sriggs.mausa@gmail.com.
- Consultations about behavior/special issues for your child are available. They may be set up in person or through email.
- For more information on Martial Arts USA, taekwondo classes, student advancement or other general questions about Taekwondo, please contact Master Young C. Jeon at Martial Arts USA at 859.224.0060 or mgrandmj2008@yahoo.com.