

Family Taekwondo (All ages welcome - even parents!)

Teacher: Rich Carstens and Family

Text to purchase: None

Materials: Athletic wear

Tuition: \$150/year

Class Size: No limit

In-Class Instruction: 1 hr/wk

Humility will be a requirement for all students.

Join us for an hour of Taekwondo fun. Learn the basic kicks, punches, blocks, and techniques in Taekwondo. Students will acquire flexibility, strength, and stamina in this class. They will develop a passion to obtain a Black Belt. The focus will be to do your best, be at your best, believe in yourself and always bring glory and honor to God in all aspects of life.