

Class Stages

Active Start - Ages 3 - 5

Fitness and Taekwondo motor/movement skills development
Focus on learning proper Taekwondo skills such as running, jumping, kicking and punching
Emphasis on listening skills
Simple Dojang rules and the introduction of good etiquette
Exploration of risk and limits in a safe environment
Organized and fun physical activity

FUNDamentals - Ages 6 - 9

Overall Taekwondo motor/movement skills and development of simple attack and defense strategies with a focus on reaction time
Emphasis on fun and discipline
Mental, cognitive and emotional development
Athleticism: agility, balance, coordination and speed
Introduction of simple rules of ethics and safety in Taekwondo

Learning to Train - Ages 10 - 12

Overall Taekwondo skills development: timing and distance, strategies for attack and defense, flexibility, introduction of speed and stamina
Integrated mental, cognitive and emotional development, including concentration
Introduction to mental preparation, including self-control and respect

Training to Train - Ages 13 - 16

Taekwondo specific skill development, with emphasis on aerobic capacity and strength
Consolidation of skills and development of advanced techniques, focusing on speed, stamina and strength
Integrated mental, cognitive and emotional development
Develop basic mental skills and individual style
Focus on self-confidence and respect to others

Training to Compete and Training to Win - Competitive Athletes Ages 16+

Taekwondo competition specific physical conditioning, technical tactical preparation
Integrated mental, cognitive and emotional development
Advanced mental preparation and enhancement of individual style
Further development of Taekwondo technical, tactical and playing skills, including an expanded repertoire of combative techniques and strategies - optimization of fitness and strength - refinement of basic and advanced techniques - specialization in attack and defense strategies

Active for Life - Adults 16+

Emphasis on the goal of attaining Personal Best
Incorporates all training stages from Beginner to Advanced
Commitment to self of life-long learning, respect to others, self-control, concentration

