

## **Our Programs**

### **Colour Belt Program (Beginner, Intermediate, and Advanced)**

This class will focus on the Martial Arts stream of Taekwondo. Mindful self-discipline, respect, and focus help develop balance, flexibility, and precision while working on speed, power, and fitness at all levels.

Appropriate for all ages and all ability levels, including beginners.

### **Competition**

This class is by invitation for those who have started in one of our other programs and is interested in a challenging and goal-oriented competitive program. This class is focused on training for sparring according to Olympic Taekwondo rules. Training programs are individually designed to meet the needs of weight class, competition cycles, and peak performances to help athletes reach their goals. Dreaming big? This is the place to start!

### **Senior Poomse**

The competitive stream of Taekwondo Martial Arts, the class brings all of the knowledge and experience of our World Champion class National coaching staff to bring the rules, techniques, and training programs for athletes who wish to compete in traditional individual, pairs, and team poomse, as well as free-style poomse.

### **Mighty Mouse**

This class is about fun, fun, fun. Learn different ways to move, improve balance, co-ordination, fitness, and stamina all through play. Diapered bums are welcome.

Ages 2 – 4 years.

### **Junior Olympians**

Have a great time with your child as they learn something new (you might just learn something too!).

The focus of this class is on strong foundations and respect. Junior Olympian class has the benefits of smaller class sizes, shorter class times, and lots of repetition to accommodate young athletes learning the discipline, control, strength, and self-confidence that comes with Taekwondo.

This is a parent-and-child class and is perfect for 4 – 6 year olds who are busy adjusting to growing bodies and minds as they move from play to structured classes! New schools, changing schedules, growing bodies, and growing minds sometimes need the extra guidance and attention of one-to-one learning.

## **Boot Camp**

This class will focus on sweat. The skill level is kept low so that everyone can put their energy into intensity, speed, and power. A great workout designed for adults looking to lose weight, tone, build muscle, stay fit and flexible, or just need to kick something after work!

Ages 16 and up. All fitness and skill levels welcome!

## **Fit Steps**

This program is for adults looking to discover or rediscover their physical strengths. With focus on a complete support program – strength, cardio, and will power – Fit Steps will help you lose weight, gain strength, shape your body, and reclaim a healthy life. Perfect for adults with little to no physical activity or recovering from illness, injury, and moms looking for a post-baby program. Your body, your goals, your schedule, your program!

Register as an individual for a one-to-one program or as a group.

Ages 16 and up.

## **Self Defense**

Our single-day self defense workshops are perfect for work groups, social clubs, youth groups, and splurge nights. The focus is on very basic, very instinctive skills that create time and space in threatening and dangerous situations.

Martial Arts experience is not necessary. There are no complicated hand or release techniques here. This program strives to give people simple and easy techniques that they will remember and be able to use in moments of stress and panic.

## **Summer Camps**

Information to come!

## **Taekwondo After-School Program**

Information to come!