



Gulfcoast Martial Arts

And Saint Michael Lutheran School, as part of their after-school program are offering Tae Kwon Do lessons!



What is Tae Kwon Do?



Taekwondo is currently the world's most popular martial art! It is an official Olympic sport, a great form of self-defense, a super self-esteem builder and an excellent way to develop self-control and the discipline necessary to set and achieve all of life's goals. Taekwondo is a Korean martial art that incorporates lots of highflying, explosive kicks, punches and forms. Taekwondo literally means "the art of kicking and punching" but it's true meaning lies much deeper.

Why Gulfcoast Martial Arts?

1. A healthy lifetime habit

Because of our emphasis on personal responsibility, respect, discipline and control; and our acceptance of individuals of all levels of physical skill, martial arts provides a great alternative to other sports that may exclude certain children.

2. Maintain a healthy body

The exercises we do in class improve cardiovascular function, build muscle and achieve and maintain a healthy body weight.

3. We develop other skills

Because our curriculum emphasizes Courtesy, Modesty, Respect and Integrity Martial Arts aids in the development of important interpersonal skills. In addition, martial arts at our school promotes the self-discipline necessary to set and achieve life goals. And of course the best self-defense in the area.

4. Perform better in school

Research shows that emphasis on focus and concentration as developed in our classes promotes improved school attendance and enhanced academic performance.

5. Develop a strong self image

Because of the positive, highly motivational atmosphere of our classes, our kids have greater self-esteem and better self-images. Kids with a strong self-esteem are better equipped to resist bullies and negative peer pressure.

6. Reduce anxiety and stress

Children who are active report fewer symptoms of anxiety and depression and a better overall mood.

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About your instructor.

Master Charlie was born in Michigan in 1970 but moved with his family to Ft. Myers shortly after birth.

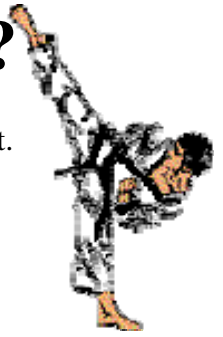
He began training in Shaolin Kempo Kung Fu in 1982 and received his first black belt in Jan. of '86

He then started Tae Kwon Do training under Grandmaster Jung Nam Lee in '87 and has been training ever since. He is a 4th Dan black belt, is certified by the World TKD Federation, the United States

TKD Union, and the Kukkiwon headquarters in S. Korea. He has competed in many National, State, and International competitions, even representing the USA in the Barcelona, Spain Open Championships. He opened Gulfcoast Martial Arts in 2001 and has been teaching since.



When, where, who and how much?



Right here at St. Michael's, in the dance room, off of the gymnasium.
 We will have class on Monday and Friday afternoon's right after school lets out.
 (3:15-3:55) Classes will be 45 minutes long.
 Kids of all ages and all experiences are welcome.
 The cost is only \$320. per quarter paid in full.
 This will include a Taekwondo uniform and belt.

Or you may pay for the entire school year at a discounted rate (\$1200.)

As a special bonus, all paid in full students (\$1200.) will be able to attend one additional class, per week, at the Gulfcoast Martial Arts Dojang at no additional cost.

Additional information.

If you are in need of any additional information, please feel free to contact the Dojang directly at

239-278-5966 or visit us on-line at www.gulfcoastmartialarts.com

Space is extremely limited so please complete the registration form below and return it along with your payment to the school office ASAP.

Name _____ age _____ Experience _____

Street Address _____

City/state/zip _____ E-mail _____

Hm# _____ Wk# _____ Mobil# _____

Parents names _____

I hereby make application for membership in the above mentioned organization, and upon acceptance, I sincerely pledge to obey all rules and regulations which are set up for the purpose of keeping the order of the federation and for the protection of students from injury. I recognize that a risk is involved in this art, thus requiring my adherence to these rules and regulations and to the Instructor's discipline. I further affirm that I am in good health and I am aware that all activities including but not limited to physical training, sparring, and all other activities inherent to participation in the martial arts are entirely voluntary. I am aware that I can elect not to take part in any activity, which I feel may involve some element of risk or discomfort to me.

Accordingly, I accept all conditions of membership incorporated in this application, instructional manuals as well as other oral or written directivities given by the Master Instructor, instructors, or higher ranking students. I agree to hold harmless and indemnify the organization and/or affiliated associates and all instructors and members and authorized guests from liability for damages for any injuries, including but not limited to death and disability arising from any of the activities of the organization. I also understand that any treatment for injuries that I may sustain will be of a first aid type only, given with my permission, and I fully understand that the provider may not be a trained medical person.

Applicant's Signature _____
Today's Date

FOR MINORS ONLY:
 As parent or guardian of the above named applicant, I request that the applicant be accepted and agree to hold harmless and indemnify the organization, Master Instructor, Instructors, members and authorized guests, of and from all claims made by or on behalf of the applicant, in consideration of accepting him/her for entrance in this above named organization.

Parent or guardian (if applicant is under 18 years of age) _____
Today's Date