



Traditional Taekwon-Do Classes

A non-contact Korean martial art that emphasizes hand and foot fighting (punching, kicking, blocking). We teach men, women, and children from ages 8 - 100+! Our year-round classes stress both mental and physical discipline and incorporates fighting forms, sparring, self-defense and board breaking. Advancement through the ranks is self-paced; promotions are held by 7th degree Master Cheryl French in Rochester.

Come join the fun and gain confidence, build self-esteem, get in shape, learn a martial art, and earn a Black Belt! Parents and children are encouraged to register together for the Open Classes! Classes are ongoing, new students may join the first week of each month.

For additional information about Kim's Taekwon-Do visit their website at <http://hulltkd.wix.com/hull-taewondo.com>

Location: Activity Building (across the street from the Parks and Rec. Office) 25 SW Circle Drive, Chehalis

Instructors: 5th degree Black Belt Nancy Hull
4th degree Black Belt Chuck Hull

Fee: \$35 per month
Family rate ~ \$15.00 for additional family members living in the same household



Open Classes

Who: Anyone 8 years to 100+

Time: 5:45 – 6:45 pm ~ for beginners and students under 12
6:45 – 7:45 pm ~ for students 12 and older

When: Mon. & Thurs. ~ classes are on-going, new students may join the 1st week of each month
(if interested and would like to watch class, observers are welcome at any scheduled class)

--Registration and payment should be brought or sent to--
Chehalis Parks and Recreation
1321 S Market Blvd.
Chehalis, WA 98532

Registration Form for Taekwon-Do: Parents and their children(s) under 18 years old must read and sign a Concussion Information Sheet. **yes, I have completed a Concussion Information Sheet.**

Name: _____ Age: _____ Month: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Daytime Phone: _____

I am fully aware of the special dangers and risks inherent in the activity, including physical injury, death, or other consequences that may arise or result directly or indirectly from the activity. In the event of a serious injury and we are unable to contact a parent or guardian the supervisory staff will seek emergency medical assistance. Being fully informed as to these risks and in consideration of the privilege of participating in the above-described activity, I hereby assume all risk of injury, damage and liability and waive any right of recovery from or to bring suit against the City of Chehalis, or Kim's Taekwon-Do for any personal injury, death, or other consequences arising out of my voluntary participation in the activity, except for the sole negligence of the City.

I certify that I am the parent or legal guardian of the participant named above; that I have read and understood the foregoing release; and that I join in the release without reservation, granting full consent and authorization for the above-named person to participate in the activity.

Parent/Guardian Printed Name

Parent/Guardian Signature

Date

The Chehalis School District does not sponsor this event and the District assumes no responsibility for it. In consideration of the privilege to distribute materials, the local school district shall be held harmless from any cause of action filed in any court or administrative tribunal arising out of distribution of these materials, including costs, attorney's fees and judgment awards.

49 PLU \$ amount Taekwon-Do Date pd _____ Check # _____ Cash _____ Amount paid _____ Receipt # _____