

Martial Arts

Taekwondo

Taekwondo, an Olympic sport, is a 2000-year-old martial art, offering a variety of benefits for people of all ages and physical abilities. Students improve concentration and self-esteem, achieve lifelong physical fitness, and learn self-defense skills. Classes are taught under the direction of G. Master Ki Hong Kim* (9th Dan Kukkiwon World Taekwondo Headquarters). **A \$45.00 uniform fee is required at the first class.** Belt testing is offered through The KH Kim Taekwondo at an additional fee and is held twice a year. All colored belt students are required to have complete sparring gear.

Little Dragons

This introductory class is designed to captivate the interest of the youngest Taekwondo students. Skills are developed through gentle instruction and appropriate games for their ability. Class focuses on developing balance, coordination and respect. Students improve concentration and self-esteem, achieve lifelong physical fitness and learn self-defense skills.

Location: JRC Lounge **Youth (ct)**
Instructor: KH KIM TAEKWONDO **MIN/MAX:** 5/10

Age	Day	Time	Date	R/NR Fee	Code #
4-5	Sat	10-10:40A	Jun 19-Aug 28	\$116/\$136	402106-A1

Early Taekwondo

Designed especially for young children of ages 6-7, this program develops conditioning, coordination, listening skills and self-confidence through creative activities. Students improve concentration and self-esteem, achieve lifelong physical fitness and learn self-defense skills.

Location: JRC Lounge **Youth (ct)**
Instructor: KH KIM Taekwondo **MIN/MAX:** 4/10

Age	Day	Time	Date	R/NR Fee	Code #
6-7	Sat	10:45-11:35A	Jun 19-Aug 28	\$116/\$136	402107-A1

Youth Taekwondo

This program for ages 8-13 includes a balanced cardiovascular workout including punching, kicking and blocking skills using Taekwondo tradition.

Location: JRC Lounge **Youth (ct)**
Instructor: KH KIM Taekwondo **MIN/MAX:** 4/10

Age	Day	Time	Date	R/NR Fee	Code #
8-13	Sat	11:40-12:30P	Jun 19-Aug 28	\$116/\$136	402108-A1

Programs and events are subject to change in accordance with current COVID-19 restrictions and mandates. Please check bloomingdaleparks.org or call the JRC Front Desk at 630-529-3650 for current program and event information. When participating in a program/class, a mask is required for participants 2 years and older. Participants should bring their own water; no water fountains will be available. Participants are encouraged to bring a small personal hand sanitizer to class. Six feet social distancing is required.



Parent & Child Taekwondo

This class provides families with a fun opportunity to spend time together while improving physical and mental conditioning through cardiovascular drills, calisthenics and traditional Taekwondo techniques including punching, kicking and blocking. Students improve concentration and self-esteem, achieve lifelong physical fitness and learn self-defense skills.

Location: JRC Lounge **Youth (ct)**
Instructor: KH KIM Taekwondo **MIN/MAX:** 4/10

Age	Day	Time	Date	R/NR Fee	Code #
7-Adult	Sat	9-9:55A	Jun 19-Aug 28	\$116/\$136	402109-A1

Teen & Adult Taekwondo

Restricted to high school students and older, this program concentrates on Taekwondo techniques through the study of forms and stances and the skills of punching, kicking and blocking.

Location: JRC Lounge **Youth (ct)**
Instructor: KH KIM Taekwondo **MIN/MAX:** 4/10

Age	Day	Time	Date	R/NR Fee	Code #
14-Adult	Sat	9-9:55A	Jun 19-Aug 28	\$116/\$136	403105-A1

Sullivan's Karate

Sullivan's Karate offers both mental and physical benefits. Physical strength, speed, agility and coordination are developed along with self-confidence, respect and a positive self-image. A1 and A2 are for Beginners (white & yellow belts), and A3 is for Advanced (green belts and above).

Location: JRC Lounge **Youth (ct)**
Instructor: Matthew Sullivan **MIN/MAX:** 4/10

Age	Day	Time	Date	R/NR Fee	Code #
Beginners					
4-8	Thu	6-6:45P	Jul 8-Sep 16	\$45/\$65	402317-A1
9-16	Thu	6:45-7:30P	Jul 8-Sep 16	\$45/\$65	402317-A2
Advanced					
9-16	Thu	7:30-8:15P	Jul 8-Sep 16	\$45/\$65	402317-A3