

Bloomington Park District

Martial Arts

Taekwondo

Taekwondo is a 2000-year-old martial art that offers 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.

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: Aerobics Studio

Instructor: KH KIM TAEKWONDO

MIN/MAX: 5/12

Age	Day	Time	Date	R/NR Fee	Code #
4-5	Sa	10:00-10:40A	1/7-3/25	\$114/138	202106-A1
4-5	Sa	10:45-11:25A	1/7-3/25	\$114/138	202106-A2
4-5	Sa	10:00-10:40A	4/8-6/10	\$95/115	202106-B1
4-5	Sa	10:45-11:25A	4/8-6/10	\$95/115	202106-B2

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: Aerobics Studio

Instructor: KH KIM Taekwondo

MIN/MAX: 4/20

Age	Day	Time	Date	R/NR Fee	Code #
6-7	Sa	11:30-12:15P	1/7-3/25	\$114/138	202107-A1
6-7	Sa	11:30-12:15P	4/8-6/10	\$95/115	202107-B1

Youth Taekwondo

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

Location: Aerobics Studio

Instructor: KH KIM Taekwondo

MIN/MAX: 4/20

Age	Day	Time	Date	R/NR Fee	Code #
8-13	Sa	12:20-1:05P	1/7-3/25	\$114/138	202108-A1
8-13	Sa	12:20-1:05P	4/8-6/10	\$95/115	202108-B1

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: Aerobics Studio

Instructor: KH KIM Taekwondo

MIN/MAX: 5/10

Age	Day	Time	Date	R/NR Fee	Code #
14-Adult	Sa	1:10-2:00P	1/7-3/25	\$114/138	203105-A1
14-Adult	Sa	1:10-2:00P	4/8-6/10	\$95/115	203105-B1



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 have the opportunity to improve concentration and self-esteem, achieve lifelong physical fitness and learn self-defense skills.

Location: Aerobics Studio

Instructor: KH KIM Taekwondo

MIN/MAX: 4/20

Age	Day	Time	Date	R/NR Fee	Code #
5-Adult	Sa	1:10-2:00P	1/7-3/25	\$114/138	202109-A1
5-Adult	Sa	1:10-2:00P	4/8-6/10	\$95/115	202109-B1

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 is for Beginners (white & yellow belts) and A3 is for Advanced (green belts and above).

Location: Winnebago School

Instructor: Matthew Sullivan

MIN/MAX: 4/30

Age	Day	Time	Date	R/NR Fee	Code #
4-8	Th	6:00-6:45P	1/12-3/23	\$45/65	202326-A1
9-16	Th	6:45-7:30P	1/12-3/23	\$45/65	202326-A2
9-16	Th	7:30-8:15P	1/12-3/23	\$45/65	202326-A3
4-8	Th	6:00-6:45P	4/6-6/15	\$45/65	202326-B1
9-16	Th	6:45-7:30P	4/6-6/15	\$45/65	202326-B2
9-16	Th	7:30-8:15P	4/6-6/15	\$45/65	202326-B3

