

Tae kwon do



It is a martial art that has no equal in either power or technique. Though it is a martial art, its discipline, technique and mental training are the mortar for building a strong sense of justice, fortitude, humility and resolve. It is this mental conditioning that separates the true practitioner from the sensationalist, content with mastering only the fighting aspects of the art. This is one of the reasons that Tae Kwon-Do is called an art of self-defense. It also implies a way of thinking and life, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble moral rearmament. "Tae Kwon-Do" indicates the mental training and the techniques of unarmed combat for self-defense as well as health, involving the skilled application of punches, kicks, blocks and dodges with bare hands and feet to the rapid destruction of the moving opponent or opponents. Tae Kwon-Do definitely enables the weak to possess a fine weapon together with a confidence to defend him or herself and defeat the opponent as well.

LITTLE TIGERS

4 to 7 yrs



SPELLIOUS MARTIAL ARTS WEEKLY TAE KWON DO CLASSES

Spellious TKD is a division

of Chung Kim's



Little Tigers 10 claws

Rules	Terminology	Blocks	Punches	Stances
white	Yellow	Orange	light green	Green
Breaking	Kicks	Form 1	Form 2	One-step
Light blue	Blue	Red	Brown	Black

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	Tae Kwon Do Mr. Kuffler 9:00-10:00 All belts. Black, brown & red stay 10:00 - 10:30 a.m.		Tae Kwon Do Mr. Kuffler 9:00-10:00 All belts. Black, brown & red stay 10:00 - 10:30 a.m.		Tae Kwon Do Mr.Younggren 9:00-10:00 a.m.	
Tae Kwon Do GMaster Spellious 10:30 -11:30 p.m.		Tae Kwon Do GMaster Spellious 10:30 -11:30 a.m.		Tae Kwon Do GMaster Spellious 10:30 -11:30 a.m.	Tae Kwon Do Grandmaster Spellious 10:00-11:00 a.m. Black, brown & red	
				LITTLE TIGERS Mrs. Miller-Johnson 11:00 - 11:50 a.m.	TaeKarDio David 10:00 - 11:00 a.m.	
						Tae Kwon Do 11:30 -12:30 p.m. Mr. Adamson Open class
Tae Kwon Do GMaster Spellious 4:00 -5:00 p.m.	LITTLE TIGERS GMaster Spellious (4-7 yr old) 4:00 - 4:50 p.m.	Tae Kwon Do Mr.Brimeyer Mr. Lamberson 4:00 -5:00 p.m.	LITTLE TIGERS GMaster Spellious (4-7 yr old) 4:00 - 4:50 p.m.	Tae Kwon Do Mr. Lamberson 4:00-5:00 All belts.		
LITTLE TIGERS GMaster Spellious (4-7 yr old) 5:00 - 5:50 p.m.	Tae Kwon Do Grandmaster Spellious Mr. Ohlson 5:00-6:00p.m. All belts.	LITTLE TIGERS Grandmaster Spellious (4-7 yr old) 5:00 - 5:50 p.m.	Tae Kwon Do Grandmaster Spellious Mr. Ohlson 5:00-6:00p.m. All belts.	Tae Kwon Do Grandmaster Spellious 5:00-6:00 Black Brown & red belts.		
Tae Kwon Do Mr. Lund 6:00 - 7:00 p.m.	Tae Kwon Do Grandmaster Spellious 6:00-7:00 p.m. Black, brown & red	Tae Kwon Do Mr. Frey 6:00 - 7:00 p.m.	Tae Kwon Do Grandmaster Spellious 6:00-7:00 p.m. Black, brown & red			
TaeKarDio Grandmaster Duane 6:00 - 7:00 p.m.	Tae Kwon Do Mr. Christian 6:00-7:00 All belts	TaeKarDio Grandmaster Duane 6:00 - 7:00 p.m.	Tae Kwon Do Mr. Christian 6:00-7:00 All belts			
Sparring technique Mr. O'Leary 7:00 - 8:00 p.m.		Open class and Weapons Grandmaster Spellious 7:00-8:00 pm	Sparring technique Mr. O'Leary 7:00 - 8:00 p.m.			

Little Tigers is a program specially designed for children ages 4 to 7. Tigers earn "claws" on their white belts for demonstration of simple techniques. When they have 10 claws, they are able to promote for their yellow belt. Little Tigers teaches discipline, self-respect, balance, coordination and self-defense while keeping tasks simple and short in duration for the shorter attention spans of small children!

Tae Kwon Do Class Fees

Class Fees

Tae Kwon Do classes (20 classes a week)	\$100.00 month
Little Tigers classes (5 classes a week)	\$80.00 month
Day classes (7 classes a week)	\$80.00 month
Private lessons	\$50.00 / hr.

Discount

Military & Law enforcement **\$10.00 off**
Family discount!

1st student full price, 2nd family from the same household and up **1/2 price.**

Try a Free class!

Coupon

One FREE class

Coupon good for:

one Tae Kwon Do class,
one Little Tigers class

(coupon applies to new students only)

Kris Lorenz- Parent of Tae Kwon Do students



"What a blessing Spellious TKD has been to our family. Our younger son, Alex, was the first to join. He has really enjoyed mastering new forms and kicks and, of course, breaking boards! I have really enjoyed watching him thrive under the guidance of Master Spellious. Alex's focus and self-confidence has grown and grown. We are proud of him and he is proud of himself, as he should be. He just became a 12-year-old black belt. Alex's older brother, Colin, followed in his footsteps about 10 months after Alex. This turned out to be rewarding as well. Colin has thrived with Master Spellious as well. He has gained skills and self-confidence and he doesn't mind having to bow to his younger brother...too much. I consider Master Spellious and his fine team of teachers to be invaluable role models to my boys. They are shown respect and taught to treat others the same way. The tenants of TKD: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit aren't just words, they are truly taught and practiced here. I whole-heartedly recommend these facilities."

No contracts

annual fees required.

Minimum age 4.

For questions about classes and times
or general information

call or Text Grandmaster Spellious at

309-292-4444

spelliousmartialarts@gmail.com

Spellious Martial Arts Facebook

SPELLIOUS MARTIAL ARTS



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