

# What is Tae Kwon Do?

Literally translated, the Korean word *tae*, means to kick or squash with the foot, *kwon* implies a hand or fist to block, punch, strike or destroy. *Do* denotes an art or a way ... thus **Tae Kwon Do** means the art of kicking, blocking and punching.

It is a non-violent system practiced in over 160 countries that consists of much more than just fighting techniques. In **Tae Kwon Do** we learn to respect life through mental, physical and philosophical studies. **Tae Kwon Do** is now recognized as a full medal sport in the Olympics.

## Aspects of Tae Kwon Do

**Mental:** Self Confidence, Strong Character, Good Judgment, Self Control and Sound Mind.

**Physical:** Good Coordination, Strong Body, Self Defense, Strong Muscle Tone, Strength, Flexibility and an Agile Body.

**Philosophical:** Respect for each other, Helping each other, Honesty and Standing by the weak.



## Class Descriptions

**Little Dragons** – Little Dragons classes are for children ages 3 to 5 years old. The classes are 30 minutes in length and concentrate on developing a child's focus and character.

**Beginners** – Beginner classes are designed to give new Tae Kwon Do students a solid foundation. For people who are new to Tae Kwon Do, the beginner classes gives them the confidence to develop their minds as well as their bodies.

**Intermediates** – Once a student has passed the beginners stage, they move to the intermediate level. Here we still concentrate on character development, but start to focus more on advanced techniques.

**Advanced** – Advanced students begin to get into the more difficult techniques that Tae Kwon Do has to offer. It takes a student approximately 2 1/2 years to reach this level. Because the next step is Black Belt, the training becomes much more intense and focused.

## Grand Master Gustavo Pope

**Grand Master Pope** has dedicated his life for over 40 years to the martial arts. He has achieved the current rank of 8<sup>th</sup> degree black belt and has earned the title of Grand Master Instructor. Some of his competitive achievements include: 1<sup>st</sup> place in the 1980 South American TKD Championship, 3<sup>rd</sup> place in the 1983 World TKD Championship, Argentina National Champion, two time Champion of the J. Park International Tournament, 1999 Florida Winter Cup Grand Champion, three time Florida State Champion for 1999, 2000 and 2004, 1st place in the 2003 Atlantic Games and 3<sup>rd</sup> place in the 2004 AAU Nationals, 2nd place 2018 Battle of Champions and 1st place at the 2018 USA Sport Karate National. Since Achieving his first Dan Black Belt in 1979 he has enjoyed teaching both children and adults.



[www.wellingtontaekwondo.com](http://www.wellingtontaekwondo.com)

- **COURTESY**
- **INTEGRITY**
- **SELF**
- **DISCIPLINE**
- **PERSEVERANCE**
- **INDOMITABLE SPIRIT**



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(561) 795-2823





**Little Tigers**  
Children 3 to 4 years old  
**Little Dragons**  
Children 4 to 5 years old

**Children White Belt to Black Belt**  
6 to 13 years old  
**Adults**  
14 years and older

*All Sparring classes require proper sparring equipment*

**Sparring**  
(Yellow and up)  
This class is designed to increase sparring skills  
*It will be mandatory for students to attend a minimum of 3 classes per month*

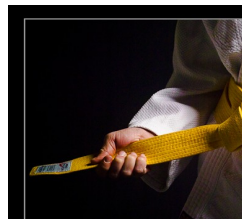
**Black Belt and Masters Club**  
(BBC—MC) only member students may attend this class

**Curriculum classes**  
This class is designed for student to learn what they need to know to test for the next belt

These are the designated Introductory (FREE) Classes

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 AM						
10:45 AM						Little Dragons/Tigers (All Belts)
11:15 AM						Age 6 & up (All Belts) Introductory Class
4:00-4:30 PM	Little Dragons/Tigers ALL BELTS Introductory Class		Little Dragons/Tigers ALL BELTS Introductory Class			MANDATORY BLACK BELT CLASS 2nd Saturday of Every Month
4:30-5:00 PM	Little Dragons/Tigers ALL BELTS Introductory Class		Little Dragons/Tigers ALL BELTS Introductory Class			
5:00-5:45 PM	<u>SPARRING</u> Yellow Orange Green Purple	MASTERS CLUB	White Yellow Orange Green Purple	BLACK BELT CLUB	<u>CURRICULUM</u> Blue Brown Brown 1st Brown 2 <sup>nd</sup> Brown 3 <sup>rd</sup>	
6:00-6:45 PM	Blue Brown Red Black	<u>CURRICULUM</u> White Yellow	<u>SPARRING</u> Blue and higher	<u>CURRICULUM</u> Orange Green Purple	<u>CURRICULUM</u> Red, PRO BLK and Black	
7:00-8:00 PM	ADULTS	ADULTS	ADULTS SPARRING	ADULTS	DEMO TEAM PRACTICE WHEN SCHEDULED	

Effective August 103253



Arrive 5 minutes early to class. Late arrivals do 50 push ups