



TAEKWON-DO

The traditional Korean Martial Art. Literally translated means the art or way of hand and foot. Founded by General Choi, Hong Hi, we teach the curriculum of the International Taekwon-do Federation (ITF).

During this 60 minute class, the student will get to run, jump, kick, punch and block all while learning coordination, balance and much, much more!

Daniela Hogle, the head instructor from Holon Wellness TKD, has been training in Taekwon-do for over 25 years. She currently holds a 5th degree black belt and is an International Champion in the International Taekwon-do Federation(ITF).

INSTRUCTOR: *Daniela Hogle of Holon Wellness TKD*

WHEN: 3-4 PM *Fridays Jan. 12 - Mar. 16 (*no class Feb 16), and/or Apr. 6 - May 25.*

WHO: *Open to K-5th*

COST: *\$140/ 8 class session or \$270 for both sessions, \$35 for uniform (optional) *Class Fills Fast**

WWW.HOLONWELLNESS.COM

**Contact Daniela (daniela@holonwellness.com) to verify space Registration and payment can be mailed to Holon Wellness: 5765 W. Elmhurst Dr. Littleton, CO 80128*

REGISTRATION FORM

Name: _____ Age: _____

Grade/Teacher: _____

Email: _____ Phone: _____

Who will pick up my child?: _____

Ses. 1 (Jan-Mar) \$140, Ses. 2 (Apr-May) \$140, BOTH 1&2 \$270 Uniform (Optional) \$35

Total Amount Included (CASH/CHECK ONLY) _____