

2016-17 Bounce Tae Kwon Do

Session 1 Dates: Sept. 6—Jan. 28

Session 2 Dates: Jan. 29—June 5

NO CLASSES: 11/22-26, 12/21-1/3,
3/27-4/1, 5/29

TUESDAY and THURSDAY,

5:00-5:30p Little Tigers (4-6yrs old)—30 min.

5:40-6:30p Introduction/Beginner—50 min.
(New student through Yellow)

6:40-8:00p Intermediate/Advanced—80 min.
7:30-8:00pm *Advanced Topics*(Green Belt and UP)

SATURDAY

9:00-9:30a Little Tigers (4-6yrs old)—30 min.

9:40-10:30a Introduction/Beginner—50 min.
(New student through Yellow)

10:10-11:30a Intermediate/Advanced—80 min.
11:00-11:30am *Advanced Topics*(Green Belt and UP)

Tuition

Registration Fee: \$45 per family (paid annually)

Discounts: 5% off total for 2nd class, 10% off total class for 3rd class, etc.

Additional fees may be required on an individual basis for rank testing, tournament competitions, or additional seminars and special events.

Pricing	Little Tigers 1 day/week 30 min	One Day/ Week 50 min	All Classes 50min	One Day/ Week 80 min	All Classes 80 min
Session 1 - Paid in Full	\$200	\$220	\$375	\$265	\$455
Session 2 - Paid in Full	\$200	\$220	\$375	\$265	\$455
Installment Plan*	\$50	\$56	\$95	\$66	\$115

***Installment plan** is broken into **NINE EQUAL** installments (Sept-May), due at the first of each month with valid debit or credit card. You may choose to pay each payment with a check, however you must keep a credit/debit card on file in the event timely payment is not received. Otherwise, you will be charged a \$15 late fee and your child will not be allowed to participate until your account is current.

Installment plan students are automatically re-enrolled in Session 2. Students may be dropped by written request during the year with 30 days notice. NO drops are accepted after April 1, 2017.

PLEASE NOTE:

Installment Plan Option is NOT a "monthly" payment plan. You are paying **NINE EQUAL** payments at the first of each month (Sept.- May).



810.632.7222 ext 2

Little Tigers Class:

Held once a week, this class is for children ages 4-6 to get active and build a beginning interest in Tae Kwon Do while having fun and building a positive attitude. Skills will focus on basic motor skills, muscle development, and active fun in an encouraging structure. A curriculum of skills leading into the Introduction class will be followed and children recognized for accomplishments with certificates and belt promotions.

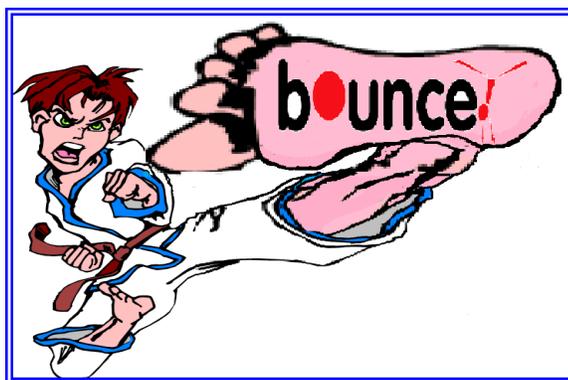
Introduction/Beginner Belt Class:

The beginning and introduction class is a slow start into martial arts with emphasis on the fundamentals. Emphasis is placed on learning body position, form and technique at this stage. Additional exercises will help to improve flexibility and build core strength and balance. As range of motion and comfort increases additional variants of blocking and kicking will be introduced in these classes, while still maintaining an active mix of motion and high-energy activity.

Intermediate/Advanced Class:

For the students that are more familiar with the fundamental techniques and related both motions required to successfully perform effective blocks, kicks, and punches. This class will build on combinations while still improving flexibility, core strength and balance. A regular emphasis will be placed on forms, fundamentals, and additional advanced techniques. The last 30 minutes of each class will be focused training on advanced topics to help with advancement and promotion for higher belts and improved self-defense:

- Holds and breaking techniques
- Sparring
- Weapons and take-down



ATTIRE:

A uniform is required and must be purchased from the program for \$60 that includes school t-shirt and also a Tae Kwon Do uniform with the student's name embroidered on the front and school patch.

Sparring and advanced techniques will begin to be introduced beyond yellow belt and only if the participant has full and complete equipment that can be purchased from the program as well. Please discuss sizing and pricing of sparring gear and weapons or other equipment with the instructor.

All uniforms and equipment should be purchased from the program to promote uniformity and safety.

E-mail: taekwondo@hartlandsportscenter.com

2016-17 Tae Kwon Do



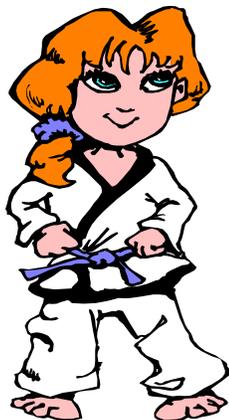
How to register:

Call the gym with your preferred day and time and register with a credit card.

All families are encouraged to enroll as soon as you choose your preferred day and time.

If you're signing up for the installment plan option you may register online at:

HartlandSportsCenter.com



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MAKE UP POLICY

Students are allowed to make up missed classes in other classes at the same level during the session. Make-ups, as well as the use of the TKD equipment, are NOT allowed during Open Bounce times. If you have any questions please contact the Office Staff or TKD Director to discuss further.

Program Director

Master Gregory Spangler, 5th Degree

An engineer by profession, with a Master of Engineering degree, Greg has a long history of exposure to multiple martial art styles and instruction: a former Water Safety Instructor with the American Red Cross, he continues to work part-time as a lifeguard, and has worked as an instructor for TNT at Bounce. His study of martial arts however did not start until 1982 after recreational sports and earning his Eagle Scout award. Greg began studying the Japanese art of Aikido and continued the study for the next four years. Following his interest in martial arts after college, he began studying Tae Kwon Do at Rockford Academy in 1992. Shortly after completing his 1st Dan he moved to Michigan and began studying a number of different martial arts while looking for a fit to his interest: Isshin Ryu for one year, Yuejia Kung Fu for one year, and Tang Soo Do for two years. Finally finding an opportunity to study at Bounce – Hartland Sports Center in 2005 in a Chung Do Kwon based Tae Kwon Do program. Working as an assistant instructor and continuing his training, he has since competed in numerous seminars and tournaments including the 2008 Tae Kwon Do Nationals that were held in Detroit. Training with his children; Jacob, who completed his 3rd Dan in 2014; Mitchell, who completed his 1st Dan in 2014; and Amanda, who completed her 1st Dan in 2016; he recently completed his 5th Dan in May 2016 and continues to train under Grand Master Ronald Rose, 9th Dan.

Primary Instructor

Mr. Mitchell Spangler, 1st Degree Black Belt

A student for nearly 6 years, he completed his 1st Dan Black Belt in June 2014. An active college student taking classes while working his way through school, he continues his study of Tae Kwon Do and has an interest in music and computers.

Assistant Instructors

Ms. Amanda Spangler, 1st Dan Black Belt, and other high ranking students will assist with instruction and participate in continuing education to continuously improve the program and student experience.

Additional support

As an affiliate of the Korean Tae Kwon Do Association of America (KTAA), Bounce TKD will also have the support of other guest black belts from the organization.

General Info:

- **All participants must have a parent-signed release form on file to participate in class.**
- If your child is over 5, you may leave the gym during class time, as long as the staff has an up-to-date cell phone number.
- **If child is going to participate in sparring (after yellow belt), a required "Sparring Waiver" must be signed by both parents. Students must follow all posted rules and use proper safety equipment.**
- Children are to be picked up promptly at the end of class
- Tuition must be paid in full prior to enrollment.
- Children should place their belongings and equipment on the floor along side the tae kwon do floor.
- Children must wait on the benches until their Instructor is present. Instructors will begin to prepare the tae kwon do floor approximately 10 minutes before class. Students are allowed and encouraged to begin warm-ups and stretching before class.
- Children are not allowed to be in the gym area or use other program equipment when they are not in a supervised class.

REFUND POLICY If within your child's first 30 days at Bounce you are not satisfied for any reason, we will cheerfully refund 100% of your unused tuition. If after your child's first 30 days at Bounce you need to withdraw, we will be more than happy to extend an account credit. All refund requests must be made in writing and within the *current session your child is enrolled*. Refunds and account credits will be processed within 30 days of written cancellation. Please see office staff for account credit details.

Affiliation—Korean Tae Kwon Do Association of America (KTAA)

Bounce TKD is affiliated with the KTAA through Kick's TKD which provides a fundamental basis for curriculum across multiple schools and a large area. On going training for the instructors and black belts is supported by Master Michael Rose, Sr Master Herb Klimach and Grand Master Ronald Rose. Additionally other black belts may attend from time to time from other schools to train, instruct, teach special topic classes or seminars.