

# Tae Kwon Do Summer 2017



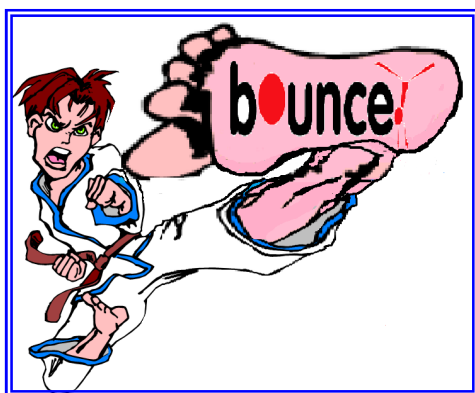
**Session Dates:** June 12—August 29 (11 weeks)  
no classes July 1 & July 4

## TUESDAY, THURSDAY (nights)

5:00-5:30p Little Tigers (4-6yrs old)  
5:40-6:30p Introduction/Beginner  
(New student through Yellow)  
6:40-8:00p Intermediate/Advanced  
7:30-8:00p Advanced Topics  
(Green Belt and UP)

## SATURDAY (mornings)

9:00-9:30a Little Tigers (4-6yrs old)  
9:40-10:30a Introduction/Beginner  
(New student through Yellow)  
10:10-11:30a Intermediate/Advanced  
11-11:30a Advanced Topics  
(Green Belt and UP)



Tuition <i>UNLIMITED attendance each calendar week</i>	Little Tigers 30 min class	Introduction 50 min class	Intermediate and Advanced 80 min class
6 calendar weeks—UNLIMITED	\$90	\$120	\$192
8 calendar weeks—UNLIMITED	\$120	\$160	\$256
10 calendar weeks—UNLIMITED	\$140	\$184	\$290
Special For Registration before 4/30— 11 weeks for price of 10 AND a Summer Color T-shirt for free!	\$140	\$184	\$290

### Little Tigers Class:

The Little Tigers class is for children ages 4-6 to get active and build a beginning interest in Tae Kwon Do while having fun and fostering a positive attitude. Skills will focus on basic motor skills, muscle development, and active fun in an encouraging structure that can easily lead into the Introduction and Beginner class later. 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 through work on the fundamentals. Emphasis is placed on learning body position, form and technique at this stage. Additional exercises will help to improve flexibility, build core strength and balance. As range of motion and comfort increases additional variants of blocking, striking and kicking will be introduced, while still maintaining an active mix of motion and high-energy activity.

### Intermediate/Advanced Class:

The Intermediate/Advanced class is for students that have been promoted to green belt and beyond. The students are expected to be more familiar with the fundamental techniques and combinations required to successfully perform effective blocks, kicks, and punches. This class will build on basic 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-downs

### ATTIRE/ADDITIONAL FEES:

For summer classes a school t-shirt, pants and belt are required and can be purchased for \$33. Students that intend to continue and would like to participate in testing for rank advancement must have a complete uniform that includes a top with the school patch and the student's name embroidered (\$27), plus any testing fees. Please contact the front desk or TKD staff for additional questions.

Sparring and advanced techniques will begin to be introduced beyond yellow belt and only if the participant has full and complete equipment purchased from the program in addition to a signed sparring waiver on file. Please discuss sizing and pricing of sparring gear and weapons or other equipment with the instructor.

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

810.632.7222 ext 2  
HartlandSportsCenter.com



For program questions please e-mail:  
[taekwondo@hartlandsportscenter.com](mailto:taekwondo@hartlandsportscenter.com)



# 2017 Summer Tae Kwon Do

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## Program Director

### Master Gregory Spangler, 5th Degree

An engineer by profession, with a Master of Engineering degree, Master Spangler has a long history of exposure to multiple martial art styles and student 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 and gymnastics at Bounce. His study of martial arts started in 1982 after recreational sports and earning his Eagle Scout award. Starting in a recreational martial arts program, he studied the Japanese art of Aikido 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 1<sup>st</sup> 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 2nd Dan in November 2016; and Amanda, who completed her 1st Dan in February 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, 2nd Degree Black Belt

A student for nearly 8 years, he completed his 2nd Dan Black Belt in November 2016. 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, psychology 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.

## 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. Continuous training for the instructors and black belts is supported by Master Michael Roe, 4th Dan, Master Michael Rose, 5th Dan, Senior Master Herb Klimach, 7th Dan, and Grandmaster Ronald Rose, 9th Dan. Additionally other black belts may attend from time to time from other schools to train, instruct, teach special topic classes or seminars.

## How to register:

Call the gym with the class that matches your interest and the number of unlimited calendar weeks of attendance you would like.

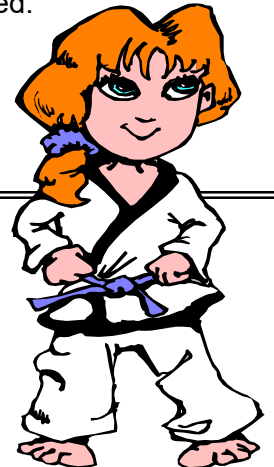
**Boys, girls, and families** are encouraged to enroll as soon as you choose your preferred day and time. The family registration fee is waived for summer classes.

### MAKE UP POLICY

Due to the flexibility of the summer schedule options there are no make-up classes offered.

### REFUND POLICY

There are no refunds for the summer session.



## General Info:

### Other:

- **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.
- 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 along the side of the Tae Kwon Do floor.
- Children must wait on the benches until their instructor calls their class to the gym area. Instructors will start setting up for class approximately 10 minutes before class and students are allowed and encouraged to stretch and warm-up before.
- Children are not allowed to be in the gym area when they are not in a supervised class.