

Welcome to the Intermediate Ranks!

Han Gil Style Taekwondo

Chua Um

Commitment to a New Beginning
24 Movements
6,12,18,24
5 One-steps



Su Ryun

Self Discipline
26 Movements
7,11,20,24
5 One-steps



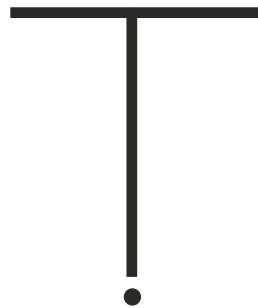
Yea Jul

Courtesy
30 Movements
12,19,26,30
5 One-steps



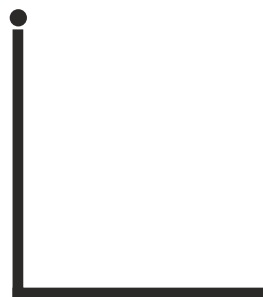
Bon Bogi

Setting Example
35 Movements
9,10,20,21
3 One-steps
(A & B)



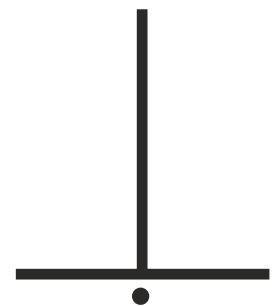
Tong Il

Having Unity
31 Movements
8,9,22,28
3 One-steps
(A & B)



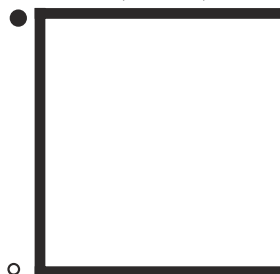
Bool Kul

Perseverance
38 Movements
6,20,29,37
3 One-steps
(A & B)



Ap Suki

Self Leading
40 Movements
8,16,31,38
3 One-steps
(A & B)



Chukahamnida - Congratulations!

You are now an Intermediate Rank in the Martial Arts. The following is the list of requirements that will help get you to a Red Belt.

Lt Green and Dark Green Belts

1. Chau Um
2. Current Form
3. 3 A and B One-Steps
4. Sparring - 1 match min.

Blue and Purple Belts

1. Chau Um
2. Su Ryun
3. Yea Jul
4. Current Form
5. 3 A and B One-Steps
6. Sparring - 2 match min.

Level 2 Blue and Purple Belts

1. Chau Um
2. Su Ryun
3. Yea Jul
4. Current Form
5. 3 A and B One-Steps
6. 3 Sparring Segments (3x)
7. Sparring - 2 match min.

You are no longer a Beginning student. Please attend the appropriate classes for your rank.

Wednesday is an adult sparring night. From 7 - 8 pm, you will learn the basics of sparring. Angles, combos, rules, offense and defense will be addressed so that you can put them into action every Sparring gear is mandatory. Borrowing gear is OK

Children's Sparring classes are designed a little differently. Every Friday will be a learning/sparring day and every Saturday will be point sparring day.

Every scheduled day of classes addresses your needs.

Beginners

All Belts

Intermediate

Advanced

Sparring

Technique Class - where we address Boards Breaking

q	Lt Wt Uniform	\$ 35.00
q	Md Wt Uniform	\$ 75.00 - \$95.00 - \$135.00
q	Hvy Wt Uniform	\$175.00 - \$215.00
q	Patches	\$5.00
q	Striping	\$23.00
q	Lettering	\$15.00
q	Stars	\$1.00
q	Hand Pads	\$ 27.00
q	Foot Pads	\$ 27.00
q	Head Pad	\$ 34.00
q	Chest Protector	\$ 48.00
q	Shin-Instep Pads	\$ 20.00
q	Mouth Piece	\$ 2.00
q	Mouth Piece Case	\$ 2.00
q	Gear Bag	\$ 30.00
q	Mesh Gear Bag	\$ 15.00
q	TKD T-Shirts	Order Form
q	TKD Shoes	\$ 40.00
q	TKD Jacket	\$ 75.00
q	Rebreakable Board	\$ 78.00
q	Escrima Sticks	\$ 20.00
q	Escrima Sticks Case	\$ 10.00

SubTotal _____

Tax (x 7.75%) _____

Total _____

q cash/check

q MasterCard/Visa/AmEx/Discover

.....
ORDERS WILL BE PLACED
ON THE 20th OF EACH MONTH!
.....

Email your order to: chauth1@earthlink.net or fax: 707-836-9382

Name

Phone #

Color Desired

Size

Pads •RED •BLACK •WHITE •BLUE
•TIEL •PURPLE •PINK •ORANGE •Lt. BLUE

Chest (48\$) - reversible

Special Instructions:

17 yrs and younger -

Hand - Head - Foot - Chest - Mouthpiece - Cup

18 yrs and older -

Hand - Head - Foot - Mouthpiece - Cup