

W hat are the qualifications of the Instructors.

The requirements and qualifications of our instructors are regionally and nationally structured to match and exceed the general standards in the martial art and fitness industry.

Regionally Certified Instructors/Junior Instructor

- √ 1st Degree Black Belts at the very least
- √ Passed a rigorous test demonstrating proficiency an all forms, one-steps, PDT's, sparring and board breaking.
- √ Passed references regarding character and attitude
- √ All are evaluated on their general understanding of human relationship and motivational skills

Nationally Certified Instructors

- √ Passed a physical examination with a minimum score of 90% (forms, one-steps, PDT's, sparring and board breaking)
- √ Passed a written examination with a minimum score of 90%
- √ All have had a minimum of 200 hours of teaching instruction under the leadership of a chief instructor.
- √ Passed references regarding character and attitude
- √ All are evaluated on their general understanding of human relationship and motivational skills

Chris Hauth - 1982 6th Degree Black Belt Nationally Certified	Rhoda Hauth - 1987 6th Degree Black Belt Nationally Certified
Emily Dickey - 1992 4th Degree Black Belt Nationally Certified	Gaetano Giordanengo - 3rd Degree Black Belt - R Regionally Certified
Teri Finn - 1994 4th Degree Black Belt Nationally Certified	Mike Drown - 2nd Degree Black Belt Nationally Certified
Bob Finn - 1994 4th Degree Black Belt Nationally Certified	Jim Mathison - 2nd Degree Black Belt Nationally Certified
Susan Cohn - 1994 4th Degree Black Belt Nationally Certified	Camille Sybert - 2nd Degree Black Belt Regionally Certified
Jenny Hayden - 1988 3rd Degree Black Belt Nationally Certified	Sally Miranda - 2nd Degree Black Belt Regionally Certified
Ron Fiori - 3rd Degree Black Belt Nationally Certified	Wendy Mikulka - 2nd Degree Black Belt Regionally Certified
Heidi Lawson - 3rd Degree Black Belt Nationally Certified	Nan Giordanengo - 1st Degree Black Belt Regionally Certified
Nancy Spallino - 3rd Degree Black Belt Nationally Certified	Sheri Haiman - 1st Degree Black Belt Regionally Certified
Diana Dickerson - 3rd Degree Black Belt Nationally Certified	Katherine Yamaguchi - 1st Degree Black Belt Regionally Certified
Bob Lavery - 3rd Degree Black Belt Nationally Certified	Junior Instructors: Tyler Lavery - 2nd Degree Black Belt Colin Hart - 2nd Degree Black Belt Zack Haiman - 1st Degree Black Belt

How will I or my child(ren) benefit from Taekwondo

Taekwondo is a traditional Korean Martial Art. Literally translated Taekwondo means - The way of Hand and Foot.

Most people get started with us for the following reasons:

- Self Defense
- Physical Fitness
- Self-Discipline, Respect, Courtesy
- Self-Esteem, Confidence, Coordination
- Family Activity
- Idle Curiosity



You or your child will start to see results right after your first introductory lesson. Many students have commented on the good feeling of accomplishment and empowerment from just learning a few basic techniques.

Over the next 6 months, you or your child will develop a keen mental and physical change that is gradual and progressive and measured on individual criteria set at each rank.

What is the difference between Taekwondo and all the others?

No one martial art is better than the other. Studying a style of personal-defense is an individual experience and should be researched.

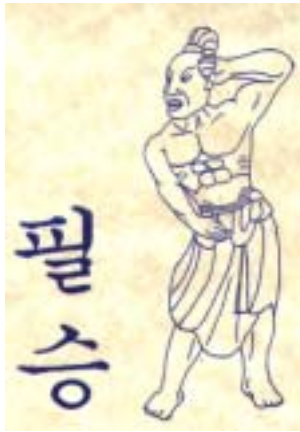
Taekwondo is a Korean Martial Art that emphasizes blocking, punching and kicking equally. The emphasis is on the kicking ability because the legs are stronger and take a little more time and effort to train and condition.

Karate is a Japanese Martial Art that emphasizes blocking, punching and kicking equally. The emphasis is on the blocking and punching ability. This is a linear, hard style of the Martial Arts.

Kung Fu is a Chinese Martial Art that emphasizes blocking, punching and kicking equally. The emphasis is on the circular motion and slow technique.

Judo is a Japanese Martial Art that emphasizes matt techniques and throwing. The emphasis is on falling, throwing and grappling.

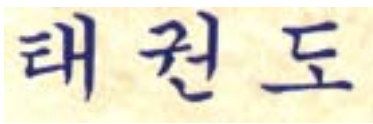
There are so many interpretations of the Martial Arts available today. It is important to train in a martial art which you enjoy and you are progressing in. It is equally important to keep an open mind in regards to the other styles that are available.



Is this school affiliated with other schools and can I continue my training if I move?

Yes. This school is affiliated with other quality Taekwondo schools around the nation. The instructors of these schools have the same quality standards that are expected at Hauth's Family Taekwondo Center.

If you are moving and you would like information on the schools in the area in which you are moving, let us know. We will research the instruction and fee schedule for you. We will give you our recommendation and how to get in touch with that instructor.



We are also affiliated with the largest sport organization that promotes sport Taekwondo - the AAU. The AAU stands for Amateur Athletic Union. This organization backs kids in Taekwondo, Karate, Gymnastics, Swimming, Boxing and more. They are the leading edge in getting Taekwondo into the Olympics. We are affiliated with the AAU for the tournament/sport aspect of Taekwondo.

Monday

How long will it take me to get my Black Belt?

The average student takes two years and six months to achieve a Black Belt.

Tuesday

We offer rank promotions every eight weeks. That means that if you are ready to progress in rank you can test for higher rank and move on to learn more techniques that not only challenge you physically but mentally.

Wednesday

This progression is gradual. Before you know it, you are doing a jump spin hook kick and breaking boards. Our criteria is based on the evolution of human technical ability. Which means that everyone has the ability to accomplish this if you train your body correctly and in the right sequence.

Thursday

Friday

Saturday

How many days can I or my child(ren) attend class?

We offer classes six days per week. You can attend up to 12 rank appropriate classes per any given week.

We recommend that you schedule in two classes minimum per week. The average student attends three classes per week.



Every week a different theme is taught. The benefit of that week might be lost in only attending one day,

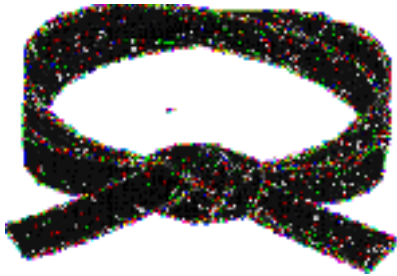
White, Yellow and Orange Belts can attend Beginners classes as well as All Belt classes, Stretching classes and Seminars .

Lt Green, Dk Green, Blue and Purple Belts can attend Intermediate classes and Sparring classes as well as All Belt classes,Stretching classes, Seminars and Board Breaking classes.

Red, Brown and Black Belts can attend Advanced classes, Sparring classes, and Board Breaking classes as well as Stretching classes and Seminars.

What will I or my child(ren) learn from Hauth's Taekwondo Center?

Commitment is the key to accomplishing a goal or task. Commitment is success! The instructors at Hauth's Taekwondo are committed to you. We offer you instruction in traditional Taekwondo and that means you will learn the following in your training to Black Belt:



1. Forms - A series of techniques put together in a pattern to learn personal-defense on an individual basis. Forms range from 24 moves to 81 moves.
2. One-Steps - A series of techniques put together in a pattern to learn personal-defense on a partner basis. You will learn timing, distancing and angling.
3. Sparring - A controlled learning environment that is not only safe and challenging but fun. This is where you can implement the moves you learned in your forms and one-steps.
4. Board Breaking - Evidence of power. You will begin breaking boards at a red belt level. The purpose is to demonstrate your technical ability is viable and focused.
5. PDT's - Practical Defense Techniques are concepts in motion. These are executed in the same manner as one-steps but the focus is more acute. There are 4 levels of PDT's and the focus for each level is as follows:
 - a. Reflex Blocking, Trapping and leverage techniques.
 - b. Touch-Pressure Pressure Points.
 - c. Take-downs and joint manipulation.
 - d. Modern Arnis

Many of our parents, students and friends have the same questions at one point or another.

Stripes

Stripes are awarded for knowing the forms, one-steps and ready for promotion, and designates how well you did at your rank promotion. Also for the kids, stripes are awarded for paying attention, good grades, appropriate behavior at home.

Weekly Cycles

An 8 week rank promotion follows the following format:

1. Basics
2. Kicks
3. Forms
4. One-Steps
5. Forms + Basics
6. One-Steps + Kicks
7. Forms + One-Steps
8. Rank Promotion Week



Belt Structure

White	Blue - Level 2
Yellow	Purple - Level 1
Orange	Red - Levels 1 and 2
Lt Green	Brown - Levels 1 and 2
Dk Green	1st Degree Black Belt - Recommended
Blue - Level 1	1st Degree Black Belt - Decided

Tournaments

Tournaments are offered approximately every three or four months. The tournament offers the student a forum where you can measure your ability against that of your peers in our school and others. You can earn a 1st, 2nd or 3rd place trophy or medal in forms, one-steps and/or sparring. Tournaments are fun and a great way to make new friends.

Frequently Asked Questions

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How will I benefit from Taekwondo?

What is the difference between Taekwondo and all the others?

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How long will it take me to get a Black Belt?

How many days can I or my child(ren) attend classes?

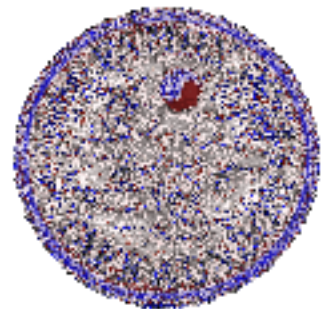
What will I learn from Hauth's Taekwondo?

What other programs does Hauth's Taekwondo Center offer and recommend?

For the Kids.....

What is the cost?

**Thank you for choosing
Hauth's Taekwondo
Center.**



**Hauth's Family Taekwondo Center
8890 Lakewood Dr
Windsor, CA 95492
(707) 838-3644
<http://www.familytaekwondo.com>**

What is the cost?

Introductory Programs

includes Free Uniform (s)

- [10 weeks - \$ 99.00
- [5 weeks - \$ 59.00

Monthly Fees

- [One Person - \$84.00
- [Per Class - \$ 12.00

Family Discounts

10 week introductory program

- [Two Family - \$175.00

5 week introductory program

- [Two Family - \$104.00
per month

- [Two Family - \$115.00

10 week introductory program

- [Three or More - \$198.00

5 week introductory program

- [Three or More - \$110.00
per month

- [Three or More - \$125.00

**Thank you for choosing
Hauth's Taekwondo
Center.**



What other programs does Hauth's Taekwondo Center offer and recommend?

Seminars and clinics

Hauth's **Family Taekwondo Center**
Presents

**How to learn self-defense without shouting, getting hit,
or standing around in your bare feet.**



If your business or corporation is in need of a professional personal-defense seminar then we recommend the services of Personal-Defense Seminars of America

Personal-Defense Seminars of America provides a full spectrum of services designed to enhance individual success in the area of personal-defense.

Call for more information - (707) 838-3644

F

or the Kids.....

Patches

We offer incentive patches the kids can earn for various extra-circular activities.

- A. Academic Patch - For a B average in school or better
- B. Demo Patch - For doing a demo in the classroom at school
- C. Sign-up Patch - For signing up a buddy
- D. Demo Star - Blue for participating in a demo
- E. Parade Star - Red for participating in a parade with us
- F. Honor Role Star - White for year end school honors
- G. Tournament Star - Gold for participating in a tournament
- H. Club Patch - Passing first rank promotion
- I. TKD Excellence - Demonstrating leadership skills
- J. Student Leader - Helping in classes



Good Deeds

After every Rank promotion we encourage the kids to do a number of good deeds in order to find out their results. This is so that they can build the strong habits of selflessness and community service as a part of building character.

Awards Banquets

Usually on a Friday evening every two weeks after a rank promotion. This function is a Pot Luck and gives the children accolades and kudos for their hard work during a rank promotion cycle.

Birthday Parties and Fund Raisers

Hauth's Taekwondo is happy to attend or promote these functions. Please contact us if you would like to schedule one.