

MARTIAL ARTS

The Freeport Park District does not require you to purchase any additional equipment to participate in all martial art classes. However, if you would like to move up in rank/belt system additional equipment, uniform, and testing fees may apply via your instructor. Participation in competitions outside of the class will also result in additional registration and equipment fees.

KAHJOK TAE KWON DO

Kahjok is the Korean word for family. The Kahjok Federation's Tae Kwon Do promotes increased ability to concentrate, the ability to focus on the task at hand, and an overall awareness of things going on around you. Participants will see improvements in stamina, breathing capacity, and flexibility. Students will have to meet specific criteria in order to move up in rank. More traditional form of Tae Kwon Do follows international federation of Tae Kwon Do. Additional fees may apply.

Location: Read Park Pavilion

MIN/MAX: 2/15

Age	Day	Time	Date	Register By	R/NR Fee	Code #
7 +	M,W	6:00-7:30P	05/03-06/28*	04/30	\$50/55	214011-01
7 +	M,W	6:00-7:30P	07/05-08/25	06/25	\$50/55	214011-02

*No Class 5/31

SHAOLIN KEMPO KUNG FU SELF-DEFENSE

People who participate in martial arts are more confident, have better self-control, and concentrate better. Instructor Bobby Lawson will demonstrate that Shaolin Kempo Kung Fu improves self-esteem, teaches discipline, channels aggression and is fun to learn. Kempo is a system of Kung Fu, Ju Jitsu, and Karate that makes a very effective self-defense. Classes are open to participants ages 7 and older. Families are welcome.

Location: Read Park Pavilion

MIN/MAX: 4/16

Age	Day	Time	Date	Register By	R/NR Fee	Code #
7+	Tu	7:00-8:30P	05/04-06/22	04/30	\$45/50	214021-01
7+	Tu	7:00-8:30P	06/29-08/17	06/25	\$45/50	214021-02

LITTLE NINJAS

Join Master Sung Sop An and his black belt staff for their Little Ninjas class. This program is designed specifically to help teach 3 to 6 year olds the important qualities of respect, self-control and confidence, this class will also help with motor skills and coordination.

Location: Read Park Pavilion

MIN/MAX: 4/15

Age	Day	Time	Date	Register By	R/NR Fee	Code #
3-6	Th	5:45-6:15P	05/06-06/24	04/30	\$50/55	214031-01
3-6	Th	5:45-6:15P	07/01-08/19	06/25	\$50/55	214031-02

TAE KWON DO (BEGINNER & INTERMEDIATE)

Tae Kwon Do teaches children to respect themselves and others. The program can help build a child's self-esteem. Master Sung Sop An and his black belt staff from the Rockford Academy instruct the class. Many independent studies have shown that students that participate in martial arts programs achieve better grades and perform better in school. The Rockford Academy is World Tae Kwon Do Federation Licensed, which means that each students belt level will be recognized anywhere in the world.

Location: Read Park Pavilion

MIN/MAX: 6/15

Age	Day	Time	Date	Register By	R/NR Fee	Code #
7+	Th	6:15-7:00P	05/06-06/24	04/30	\$50/55	214041-01
7+	Th	6:15-7:00P	07/01-08/19	06/25	\$50/55	214041-02