






AMERICAN TAEKWONDO ASSOCIATION











# TAEKWONDO

## CLASSES

IVY FITNESS CENTER

\$60/month – First Student  
 Same family discount:


- \$40 second student
- Free third student

- SELF CONTROL


- CONFIDENCE

- SELF DEFENSE


For more information or to sign up, call the desk at 719-526-2706 or Mr. [Geoffrey Huetrauer](#) at 719-684-5156, email: [huetrauer@fotmail.com](mailto:huetrauer@fotmail.com).




More Events and Info at [www.armymwr.com](http://www.armymwr.com)



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Ivy Fitness Center  
6415 Seward Ave, Building 1835  
Fort Carson, CO 80913

## FAQ

### What ages can participate?

Anybody over 5yrs of age is welcome!

### When are the classes?

Classes are every MONDAY and WEDNESDAY @ 1830 to 1930

### What is your pricing?

CATEGORY	PERIOD	RATE
1 <sup>st</sup> STUDENT	MONTHLY	\$60
2 <sup>nd</sup> STUDENT (SAME FAMILY)	MONTHLY	\$40
3 <sup>rd</sup> STUDENT (SAME FAMILY)	MONTHLY	FREE
COLOR BELT TESTING	WHEN APPLICABLE	\$60
BLACK BELT TESTING	WHEN APPLICABLE	\$120
UNIFORM	WHEN APPLICABLE	\$50

\*\*\*UNIFORMS ARE ALL ADDITIONAL COSTS AND ARE NOT INCLUDED IN THE MONTHLY FEE

### Where are the classes and how can I sign up?

Classes will be held at the IVY Fitness Center and you can sign up at the front desk.

### Do I have to be with my child during the class?

No, however you MUST BE IN THE BUILDING for the duration of the class in case of emergencies. Feel free to workout or take an aerobics class!

**We are dedicated to** enhancing your physical capabilities and maximizing your self-defense skills.

We realize that each student possesses different physical abilities. Size and strength vary with each individual. Once you have acquired a strong foundation in the basics, our program will enhance your physical capabilities and maximize your self-defense skills. You will understand exactly what it takes, mentally and physically, to defend yourself or your loved ones should the need ever arise.

We are not interested in just teaching self-defense, we are interested in the complete personal development of each student. Individual attention is a feature of each and every class, allowing all students to progress quickly and confidently toward their personal goals. Our instructors teach students the importance of strong character, leadership and good values.

The teaching curriculum at the ATA is based on two concepts: **"Positive Mental Attitude" and "High Goal Setting."**

### **What it can do for you!**

Increase self-defense skills and body strength, improve concentration and focus. ATA martial arts can provide a stimulating and practical training and at the same time be a means of education and discipline.