



FFTKD is certified through the Kukkiwon, (World Tae Kwon Do Headquarters)

It is a family of schools owned and operated by Instructor Master Amanda Wach. Master Amanda is a Kukkiwon certified 4th Degree Black Belt. Master Amanda has been training in tae kwon do since 2003 and is a USAT Level 1 Certified Coach. Fergus Falls Tae Kwon Do is associated with Red River Tae Kwon Do, founded by Grand Master Jim Grimstad, 7th Degree Black Belt.

What is Tae Kwon Do?

Tae Kwon Do is an ancient martial art, which originated over 2000 years ago, in what is now known as Korea. Literally translated, Tae Kwon Do is "the art of kicking and punching". Physical fitness, self-confidence, self control, discipline, and self-defense are the main subjects covered in our style of training. Exercises, including strengthening, aerobics, and stretching; kicking and punching drills and poomse (a.k.a. patterns or forms) are utilized. Tae Kwon Do is more than exercise and techniques for self-defense. The study of Tae Kwon Do is a means to an end, which is to install in people self-confidence, strong values and good habits. Tae Kwon Do teaches students to develop positive mental attitudes, motivate themselves and make responsible choices. The martial arts student has to be responsible for their actions and respect others. Tae Kwon Do is not a cult, magic or a religion. It is not about learning to beat people up, as some movies and television have depicted. It is simply a sensible method of constant training taught year round as a lifetime system of exercise.

Payment Options:

Fergus Falls / Elbow Lake Tae Kwon Do offers several payment options for new and existing students. These options are designed to save students money and encourage commitment to training in the art of Tae Kwon Do. The options are:

<u>Options:</u>	<u>Amount:</u>	<u>Yearly Savings:</u>
Monthly	\$39.00	
Quarterly (3 mths)	\$107.25	\$39.00 (1 mth Free)
Semi-Annually	\$204.75	\$58.50 (1.5 mths Free)
Annually	\$390.00	\$78.00 (2 mths Free)

Beginners Package:

A beginner's package is available only to new students within their first month of training. The package consists of a uniform, safety chops (gloves), shin/instep pads, and three months of instruction. This package, valued at \$215.50 is available to new students for \$176.50. (Males add \$13 for Groin Protector)

Family Options:

Second Family Member - \$29.00 per Month
 Additional Family Members - \$24.00 per Month

Fergus Falls Classes

@ Westridge Mall

Tuesday:

Little Dragons (Ages 4-5) 4:00-4:30pm
 Juniors (6-12) 4:50-5:50pm
 Adult (13 & Up) 6:30-8:00pm

Thursday:

Little Dragons (Ages 4-5) 4:00-4:30pm
 Juniors (6-12) 4:50-5:50pm
 Adult (13 & Up) 6:30-8:00pm

(Little Dragons are Sept-May)

Elbow Lake Classes:

@ Elbow Lake Gym

Monday:

Juniors 5:15-6:15pm
 Adult 6:30-8:00pm

Thursday:

Juniors 5:15-6:15pm
 Adult 6:30-8:00pm



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