



TAE KWON DO



Offered monthly on Saturdays

COST: \$30 per calendar month

Remember! Registration fee must be paid by the last day of the month prior to the month for which they are registering. (Ex: February classes must be paid by January 31st.)

Location: Eagle School Intermediate Gymnasium (entrance is at the back of the school)

Students will learn basic self-defense skills such as blocks, kicks and strikes. Participants will learn choreographed moves called forms. Also, students will learn various block and counter-attack drills with partners. Bag drills will be used to increase focus, power, and technique. In addition to learning new skills, classes offer increased flexibility, balance, coordination, and muscle memory. Our program offers beginner, intermediate and advanced classes.

Participants will be required to wear a white uniform (information to be provided to your family at your first class) *If you are just trying it out for the first time*, no need to feel obligated to purchase the uniform immediately. However, participants who continue to register for the class will need to purchase the uniform. All testing will be at the instructor's discretion and will carry an additional fee outside of M-BCP&R.

Please ✓ check the level you are registering for below.

<input type="checkbox"/> Beginner Class Time: 9:00am – 10:00am White to Yellow Belt Time: 9:00am – 10:00am Basic introduction of self-defense. Students start learning basic moves, forms, and 3 step drills.	<input type="checkbox"/> Intermediate Class Time: 10:00am – 11:30am Yellow to Black belts More involved training on moves sets, forms, 3 step drills, board breaking, and sparring. Students are encouraged to participate in TKD events/clinics.	<input type="checkbox"/> Advanced Class Time: 11:30am – 12:00pm Black belts. Advanced training/fighting techniques. Some weapons training. Students are transitioning into instructors
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Child's Name: _____ DOB: _____ Gender: M F

Address: _____ Age: _____

City: _____ State: _____ Zip: _____

Parents' Name(s): _____ E-mail: _____

1ST Phone #: _____ 2nd Phone #: _____

Cell # (for text alerts): _____ Carrier (Sprint, Verizon etc.) _____

Medical Conditions: Yes No If yes, please explain: _____

LIABILITY WAIVER: As a parent (legal guardian) of the above named minor, I grant permission for this minor to participate in all activities of this sports program. I assume all risks and hazards incidental to participating in this sports camp program. I do hold harmless the Martinsburg-Berkeley County Parks & Recreation Board, the coaches, assistant coaches, and any and all other volunteers, participants, and organizers for any claims arising out of injury to my child except to the extent and the amount covered by the accident or liability.

PHOTOS: The Martinsburg-Berkeley County Parks & Recreation Board reserves the right to take pictures at all events and programs. Pictures may be displayed in future Parks & Recreation brochures and publications.

MEDICAL RELEASE: I further grant permission for emergency first aid to be given to my child in the case of medical injury or emergency. If necessary, I grant permission for my child to be taken to the emergency room of a nearby hospital, and its staff had my authorization to provide treatment which a physician deems reasonably necessary for the well-being of my child.

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REFUND POLICY: Martinsburg-Berkeley County Parks and Recreation will give full refunds only for programs/leagues we are unable to offer.

INCLEMENT WEATHER POLICY: Please check our website www.mbcparcs-rec.org or [Facebook](https://www.facebook.com/mbcparcs-rec.org) for information on updates, upcoming programs, leagues cancellations or changes.

Signature: _____ Date: _____

You may register by mail or drop off your registration form to one of the following locations: (304) 264-4842- Berkeley 2000 Recreation Center Office, 273 Woodbury Avenue, Martinsburg, WV 25404 Mon-Fri from 9am-5pm or (304) 229-0022- Randy Smith Recreation Center, 40 Excellence Way, Inwood, WV 25428 Mon-Fri from 2pm-5pm. You may also at our website: www.mbcparcs-rec.org.

(Please note there is a 2.6% merchant fee when paying by credit card and a 1.0% merchant fee when paying online with an e-check.)

