

# Welcome to Gold's Taekwondo

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We believe that being a Martial Artist is not just learning to kick and punch. It is about becoming the best that you can be.

At Gold's Taekwondo, we focus on quality instruction and personal attention for our students. All of our classes are taught by highly trained, certified black belts committed to excellence. As professional instructors, we feel that it is our duty to not only teach martial arts, but to also provide a complete program of personal development to enhance the student's quality of life.

The central tenet of our Federation is "constant and never ending improvement".

We offer programs for both adults and children.

## Kinderkicks (ages 3-5)

Perhaps the most unique part of our Kinderkicks program is just how much fun these high energy classes are. We focus on teaching your child a series of physical skills that will quickly translate into a feeling of confidence and high self-esteem. They will learn and practice the "Three Rules of Concentration": focus with your eyes, focus with your body, focus with your mind.

## Youth (ages 6-12)

Our children's program offers a lot more than developing the skills which improve your child's stamina, strength, balance and coordination. The lessons in goal setting, leadership and responsibility will give your child the self discipline that leads to increased concentration which often results in better grades in school and better behavior at home.

## Adult (ages 13+)

Our adult students learn a unique approach to self-defense and exercise that benefits the body and the mind. Flexibility will be enhanced, breathing and concentration sharpened to increase the senses. Benefits include increased energy and decreased body fat. Separate classes are offered just for adults.