



Taekwondo

Age 4-Adult

Day: Saturday

Session I: September 27-November 15

Session II: November 22-January 10

Time; 10:30am-12:00pm

Location: Community Center

Fee: \$50.00 res / \$60.00 non res

Hazel Crest Park District

2600 w. 171st

Hazel Crest IL. 60429

708-335-1500

Code 430



What is Taekwondo? Taekwondo is a Korean style method of unarmed self defense and sport. The word Tae means leg, (foot). Kwon means hand or (fist) and Do stands for the way of mental discipline to repel, aggression. It is also an Olympic sport, Taekwondo does not mean fighting but it symbolizes the cultivation of a well rounded character in its practitioners, through self respect ,indomitable spirit of discipline, coordination and control.