

Martial Arts at The Arena Club

Haidong Gumdo

For: Students ages 12 and up

Days: Wednesdays 8:00-9:00pm
and
Saturdays 12:00 - 1:00pm

Date: Every month (recurring)

Cost: \$79 for members
\$99 for non-members

This is a continuous programs that runs every month. Students must also bring \$50 to their first class to purchase a wooden sword.



Tae Kwon Do

For: Students ages 10 and up

Day: Tuesdays 7:30 - 8:30pm
and
Thursdays 7:30 - 8:30pm

Date: Every month (recurring)

Cost: \$89 for members
\$109 for non-members

This is a continuous programs that runs every month. Students must also bring \$50 to their first class to purchase a Uniform (Tae Kwon Do shoes are optional for an additional \$50).

Haidong Gumdo

**Mastery of the Sword
Is Mastery of the Self**

Haidong Gumdo is a comprehensive system of sword mastery that teaches control of the self through controlling the destructive powers of the sword. The new student trains with a wooden sword (mo gum) and will develop strength & endurance. The mo gum will give the student a taste of the difficulties involved in wielding the sword. As the student advances he/she is allowed the privilege of using a metal practice sword (ka gum) and is taught more advanced sword combat forms. Upon reaching black belt, the student is allowed to use the razor sharp jin gum and is taught the combat forms of one thousand opponents.

Tae Kwon Do

**Improve physically and mentally
through this Martial Art**

Master Su Hyung Lee (David) is a 5th Degree Black Belt in Tae Kwon Do and has been practicing Martial Arts for 25 years. Students will learn and demonstrate different forms and drills to move to the next belt rank. Students will start by learning the basic warm-ups and fundamental strike, stance, kicks, punch, blocking, and self-defense maneuvers. Advanced students will move on to combat forms such as sparring and grappling and advanced self-defense moves. For safety reasons, there will be little to no physical contact. Belt tests will be given every 2 months until a student earns their red belt. Then belt tests will be offered every 3 to 4 months.





Program Registration Form



NAME OF PROGRAM: _____

DAY(S) OF PROGRAM: _____ **DATE(S) OF PROGRAM:** _____

PARTICIPANT'S NAME: _____ **MEMBER:** ☐ Y ☐ N

AGE: _____ **DOB:** ____/____/____ **MALE or FEMALE:** _____

PARENT NAME (if participant is under 18): _____

STREET ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

HOME #: _____ **CELL #:** _____

EMAIL: _____

EMERGENCY CONTACT: _____ **CELL #** _____

HEALTH INFORMATION: Please list any special needs, medical or behavioral conditions, or medications that we need to be aware of to ensure your child's safety (allergies, asthma, etc.)

RELEASE: I have read and answered to the best of my knowledge, the above questionnaire. I agree that all exercise and activities (including, but not limited to exercise classes, cardio, strength equipment, pools, field activities) here at the club shall be undertaken by me at my sole risk. I release Harford Health & Fitness Club, Inc., its officers, directors, employees and shareholders, from any claim for any injury to me personally, damage to my personal property, or theft thereof, while I am at the Harford Health & Fitness Club, including claims arising from negligence of Harford Health & Fitness Club employees or agents. I understand that I must be a current member in good standing at the time of service to receive member discount. All images taken can be used in all or any future marketing.

Signature / Parent or Legal Guardian must sign if participant is under 18 _____
Date

PAYMENT: _____ **TYPE:** _____ **TOTAL AMOUNT:** _____ **DATE PAID:** _____

VISA / MC # _____ **EXP:** _____

FOR OFFICE USE ONLY:

Staple Receipt Here

