**SIDEKICKS TaeKwonDo Syllabus**

**Fall 2017**

**Instructor Information**

**Instructor Email**

**Master Don Tomasi mastert@sidekickstaekwondo.com**

**Class Location & Hours**

**2658 W. John Beers Rd., Stevensville Open Mon-Thurs 6:00 - 9:00 PM**

**Class day/time depends on rank level**

**General Information**

**Description**

**Training in traditional TaeKwonDo**

**Classes stress values and healthy lifestyle, in addition to self-defense techniques**

**Expectations and Goals: Pass/Fail**

**Course Materials**

**Required Materials (paid for by the student/family):**

**Athletic cup and supporter for boys**

**Uniform, available from Sidekicks**

**Class Schedule:**

**White (beginner) Belts -- Mon & Wed 6:00 - 6:45 PM**

**Orange Belt -- Tues & Thurs 6:00 - 6:45 PM**

**Higher level belts, 45 min. classes twice/ week, depending on belt color**

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**End of Semester: Finished Work**

**Evidence of learning: Achievement of higher rank**

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