



GRAND MASTER PHILIP AMERIS' CHO'S TAEKWONDO CENTER

TAEKWONDO-AMERIS.COM

Proudly Serving the Community Since 1977



619 Carl Avenue • New Kensington, PA 15068 • Phone: (724) 339-0254 • www.taekwondo-ameris.com

## CURRENT SCHEDULE

UPDATED JANUARY 1<sup>ST</sup> 2023

DAY	CLASS TIME	CLASS DESCRIPTION
Monday	5:00 - 5:30 P.M.	Little Panthers (Ages 4-6)
	6:00 – 6:45 P.M.	Beginners Children (Ages 7-12, Sparring Equipment Required)
	7:00 – 8:00 P.M.	Beginners & Intermediate Adults (Sparring Equipment Required)
Tuesday	5:30 - 6:15 P.M.	Intermediate & Advanced Children (Sparring Equipment Required)
	6:30 - 7:30 P.M.	Intermediate & Advanced Adult (Sparring Equipment Required)
	7:45 – 8:30 P.M.	Fit 2 Fight
Wednesday	5:00 – 5:30 P.M.	Little Panthers (Ages 4-6)
	6:00 - 6:45 P.M.	Beginners Children (Ages 7-12)
	7:00 – 8:00 P.M.	Adult White, Yellow and Orange Belt only
Thursday	5:30 - 6:15 P.M.	Intermediate & Advanced Children (Sparring Equipment Required)
	6:30 - 7:30 P.M.	Adult Class – All Belts (Sparring Equipment Required)
	7:45 – 8:30 P.M.	Fit 2 Fight
Friday		Reserved for Testing, Special Events & Seminars
Saturday	9:30 – 10:15 A.M.	Fit 2 Fight
		<ul style="list-style-type: none"><li>• White belt through Orange Belt Class is Beginners</li><li>• Green Belt and above is Intermediate and Advanced</li><li>• Children will begin sparring at Yellow belt level</li></ul>

### SPARRING EQUIPMENT

- All Students **must purchase all required sparring equipment and uniform through our Do-Jang Office** to ensure a proper fit, maintain proper hygiene, and meet safety standards.
- Full Sparring Equipment **must be brought to every class.**

### FULL SPARRING EQUIPMENT REQUIREMENTS (ALL STUDENTS):

Boxing Gloves • Shin & Instep Pads • Head Gear • Mouthpiece  
Groin Protector (Boys & Men) • Optional - Chest Protector (Girls & Women) • Optional – Hand Wraps



## TUITION & RATES

### Starter Program - \$200.00

Includes:

- 1-month tuition
- AIMA Student Handbook
- AIMA Yearly Membership
- Uniform with all appropriate patches

### TUITION PROGRAM:

- **\$75 PER MONTH (MINIMUM 12 MONTHS)**

1ST PERSON - \$75.00

2ND PERSON - \$50.00

3RD PERSON - \$50.00

4TH PERSON - \$35.00

*(Must be immediate Family)*

- **PANTHER PROGRAM (MINIMUM 6 MONTHS)**

Please note that all tuition is charged on an annual basis and must be paid in full. For your convenience, monthly payments must be made through our Billing Service (an electronic funds transfer).

## REQUIRED EQUIPMENT & TEXTBOOKS:

- All Students must have a full Do-Buk (uniform) by their second week of training (See Student Handbook, page 42)
- All Students must purchase an AIMA Student Handbook (\$20) before testing for Yellow Belt. The AIMA Student Handbook includes our entire curriculum from White Belt to 7th Degree Black Belt, School Rules, Policies and Procedures, AIMA History, Study Questions, and much more.
- White Belt – Uniform & Handbook
- Yellow Belt – Sparring Equipment



### Follow us on our website - [www.taekwondo-ameris.com](http://www.taekwondo-ameris.com)

Make sure to sign up on the website for email updates, which include newsletters, email blasts and other important information. Password to access curriculum link is Chos619



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