

## Beginner Class Schedule

### Monday

1:00–1:50 White–Black Belt Adults  
4:30–5:15 White–Blue Belt Children  
5:15–6:00 White–Black Belt Children  
6:10–7:00 White–Black Belt Adults  
7:10–8:00 White–Black Belt Adults

### Tuesday

4:30–5:15 White–Blue Belt Children  
6:10–7:00 White–Black Belt Adults  
7:10–8:00 White–Black Belt Adults

### Wednesday

1:00–1:50 White–Black Belt Adults  
4:30–5:15 White–Blue Belt Children  
5:15–6:00 White–Black Belt Children  
6:10–7:00 White–Black Belt Adults  
7:10–8:00 White–Black Belt Adults

### Thursday

1:00–1:50 White–Black Belt Adults  
4:30–5:15 White–Blue Belt Children  
6:10–7:00 White–Black Belt Adults  
7:10–8:00 White–Black Belt Adults

### Friday

4:30–5:15 White–Red Belt Children  
5:15–6:00 White–Black Belt Children  
6:10–7:00 White–Black Belt Adults

### Saturday

10:00–10:50 White–Black Belt Children  
11:00–11:50 White–Black Belt Adults  
Saturday Seminar (TBA)

**Get Started Today**—Ask how you can try 3 **free** classes!

## The Taekwondo Advantage Course

### Children

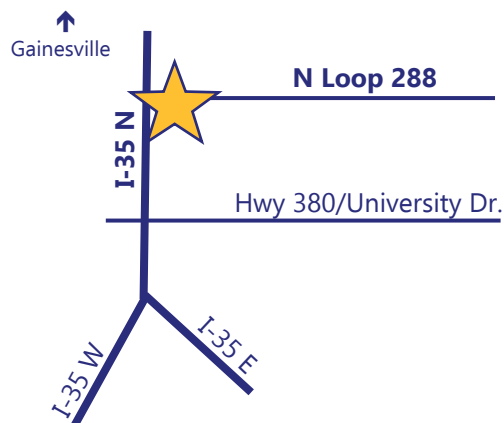
- Improves Coordination
- Develops Self-Discipline
- Increases Self-Confidence
- Promotes Responsibility
- And It's Fun!

### Teens & Adults

- Teaches Self-Defense
- Develops Personal Empowerment
- Increases Mental Awareness
- Enhances Flexibility & Fitness
- And It's Fun!

### Families

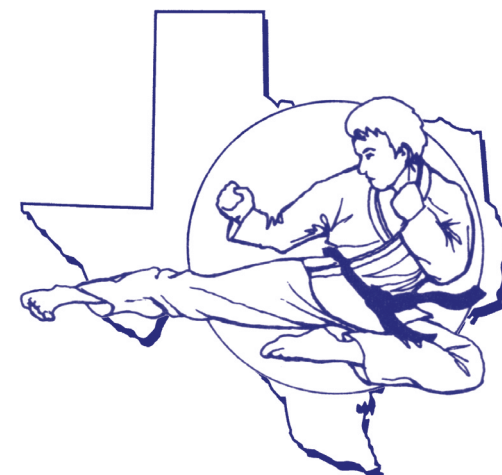
- Encourages Family Togetherness
- Discounts for Family Members
- Promotes Respect & Social Awareness
- Did We Mention That It's Fun?



5800 I-35N, Stonehill Center  
Next to Rose Costumes

# Denton Taekwondo Academy

*Home of the Taekwondo Advantage!*



5800 I-35 N Ste 507 Denton, TX 76207  
**940-383-4445**

[www.dentontaekwondoacademy.com](http://www.dentontaekwondoacademy.com)  
[www.taekwondoamerica.com](http://www.taekwondoamerica.com)

## Taekwondo FAQs

### How many classes a week can I work out?

We offer classes six days per week, and students are encouraged to work out 2-3 classes per week. Personal workouts at home are also recommended.

### Do I have to buy a uniform?

No, you won't need a uniform until your first testing. We have all sizes in stock; they cost about \$35. Ask how you can get a free uniform.

### How does the belt system work?

We award belt ranks in the following order: White, Yellow, Green, Blue, Red, Black. DTA offers a promotional testing every two months.

### How long does it take to earn a Black Belt?

It takes most students 15–18 months of in-class training under the supervision of a Certified Instructor to achieve Red Belt. At this point, self-defense should be automatic and instinctive. It takes another 8–12 months to earn a Black Belt.

### Who teaches the classes?

David Rogers is our Chief Instructor, and his wife Cheryl Rogers is the Head Instructor. They teach most of the classes. We have several Assistant Instructors. Mr. Rogers selects those people who are not only excellent martial artists, but also clear communicators. Our instructors are professional, certified and highly experienced.

### How do I enroll? / How much does it cost?

You pay a one-time \$65 enrollment fee and the first month's tuition of \$108. Tuition is monthly—no contracts.

### Do you offer family member discounts?

Sure! Members of your immediate family (your spouse or minor child) train for a reduced rate of \$58 each. An enrollment fee of \$50 does apply for each student.

Visit our web sites for more information!

## Self-Defense—It's for Life!

*Take a Positive Step for Yourself or Your Child...*

- Certified, Experienced Instructors
- Flexible Class Schedule
- 30+ Years in Denton
- No Experience Necessary
- Separate Beginner Classes for Children Ages 5+
- Chief Instructor—Mr. David Rogers
- Classes Offered 6 Days per Week
- Traditional Martial Arts
- Practical Self-Defense

**Denton Taekwondo Academy**  
**5800 I-35 N Ste 507**

conveniently located in Stonehill Center  
next to Rose Costumes

**Call Today!**  
**940-383-4445**

33% of children are involved in bullying.

About 80% of sexual assaults are committed by someone known to the victim.

Over 61% of sexual assault victims are under age 18.

More assaults occur in or near a home than in streets, parking lots, or office buildings.

*Of those who resisted, about 80% said it improved their situation, allowing them to avoid injury, escape, or scare off the attacker.*

★ [www.taekwondoamerica.com](http://www.taekwondoamerica.com)

★ [www.dentontaekwondoacademy.com](http://www.dentontaekwondoacademy.com)