

## Beginner Class Schedule

### Monday & Wednesday

4:30–5:15	White–Green 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 & Thursday

1:00–2:00	White–Black Belt Adults
4:30–5:15	White–Blue Belt Children
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
7:10–8:00	White–Black Belt Adults

### Saturday

10:00–11:00	White–Black Belt Children
11:00–11:50	White–Black Belt Adults

Get the Taekwondo Advantage!

**3 FREE  
Classes**

*plus FREE uniform when you enroll*

- ★ traditional martial arts ★ fitness
- ★ self-defense ★ self-discipline

940 **383-4445**

Denton Taekwondo Academy  
1001-A Ave C Carriage Square

20+ Years in Denton!

sign up thru September 30, 2010

## The Taekwondo Advantage Course for...

### Children

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

### 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?

Our **Taekwondo Advantage** course uses our natural fascination for taekwondo and the other martial arts to teach a practical, responsible self-defense program with numerous other benefits, both physical and mental.

# Denton Taekwondo Academy

*Home of the Taekwondo Advantage!*



1001-A Ave. C Denton, TX 76201

**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 as often as they like. Personal workouts are also recommended.

### Do I have to buy a uniform?

Nope. Most people wear shorts or sweats at first. You won't need a uniform until your first testing. We have all sizes in stock; they cost about \$30. 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 90–120 hours, over 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?

We are proud that many of our students continue to work out for years after earning their Black Belts. Nevertheless, we do not allow all Black Belts to instruct. 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 \$98. Tuition is monthly—**no contracts**.

### Do you offer family member discounts?

Sure! Additional members of your immediate family train for a reduced rate of \$58 each. An enrollment fee of \$50 does apply for each student, however, we will work with families on the sign-up fees. There is no annual membership fee.

**Get Started Today—Ask how you can try a free class!**

Visit our web sites for more information!

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

## Self-Defense—It's for Life!

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

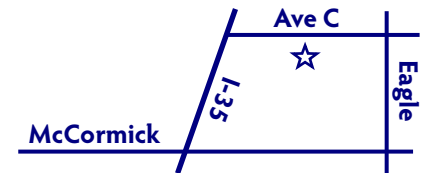
# Call Today!

## 940-383-4445

- ★ Certified, Experienced Instructors
- ★ Flexible Class Schedule
- ★ No Uniform Required
- ★ No Experience Necessary
- ★ Separate Beginner Classes for Adults and Children Ages 4½ and Up
- ★ Chief Instructor—Mr. David Rogers
- ★ Classes Offered 6 Days per Week
- ★ Traditional Martial Arts
- ★ Practical Self-Defense

### 1001-A Avenue C Denton

Conveniently located in the Carriage Square Shopping Center on Avenue C between I-35E and the UNT campus.



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.*