

Course Offerings: Crested Butte

No children's classes on the following dates: September 7, October 12-15 and November 25-26.

No adult classes on the following dates: September 7 and November 25-26.

Membership in the U.S. Soo Bahk Do Moo Duk Kwan Federation is required for all students.

Kindergarten

Ages: 5 years old

Dates: 10/19/09-12/9/09

Days and Times: Choose one day per week from the following options:

Monday 4:00-4:40, Fitness Room
Wednesday 12:30-1:10, Gym

Instructor: Andy Tyzzer

Cost: Tuition is \$75.00 for the eight classes; \$60.00 if enrolled and paid before the first day of the session. Uniforms are \$39.50.

Make-up classes: any of the other Kindergarten classes

Our philosophical emphasis in this class is "we are at our best when helping others". Basic studio etiquette, self control, and basic martial art skills are taught in a safe and fun environment.

Kids

Session 1: 8/31/09-10/8/09 **Session 2:** 10/19/09-12/3/09

Days: Choose at least two days per week, and up to four days per week from Monday through Thursday

Time: 4:00-4:40

Location: Town Hall Gym

Instructor: Danica Ayraud

Cost: Tuition is \$130.00 for twelve or more classes or \$115 if enrolled and paid before the first day of the session. Uniforms are \$39.50

Prerequisites: 6 years old or at least one kindergarten session.

The philosophical emphasis in the Kids class, depending on rank, is courage, concentration, endurance, and honesty. The development of self-defense skills facilitates concentration, self-control, respect, and achievement. The fun and safe environment fosters confidence and leadership. Students also

learn the proper way to conduct a warm-up and an end of class stretch.

Juniors

Fall Session begins August 31st and is an on-going course of study.

Days: Choose at least two days per week, and up to four days per week from Monday through Thursday.

Time: 4:45-5:45

Location: Town Hall Gym

Instructor: Danica Ayraud

Cost: \$115.00 per month or \$99.00 per month with one-year enrollment.

Prerequisites: 7 years old or graduation from the "Kids" class.

Material: Instructional Guides required for each belt color.

Philosophical emphasis is humility, control of power, speed control and tension and relaxation. Students continue to develop confidence through real achievement. Self-discipline creates the opportunity for partner work with basic self-defense against a grab and free-sparring. There is an emphasis on cultivation of character and excellence as a habit.

Adults

Fall session begins August 31st and is an on-going course of study.

Days: Monday and Wednesday

Time: 6:00-7:15

Location: Town Hall Gym

Instructors: Danica Ayraud, Andy Tyzzer, David Baumgarten

Cost: \$115.00 per month or \$99.00 per month with one-year enrollment.

Material: Instructional Guides required for each belt color.

Description: Study of the history, traditions, philosophy, discipline/respect, and technique of this traditional martial art. The purpose of this course is to develop mentally, emotionally, and physically to face life's challenges and achieve goals. The class environment is active and supportive.