

# West Elk Soo Bahk Do Martial Arts Summer Course Offerings Gunnison

**Session 1:** 6/8/2010-7/15/2010

**Session 2:** 7/20/2010-8/26/2010

**Days:** Tuesday and Thursday

**Time:** 4:00-4:45

**Location:** Gunnison Valley School, 600 N. 8<sup>th</sup> Street

**Instructor:** Andy Tyzzer

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

Uniforms are \$39.50.

**Prerequisites:** 6 years old, or participation in at least one Buddy Day.

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.

Summer session begins June 8 and is an on-going course of study.

**Days:** Tuesday and Thursday

**Time:** 4:00-5:00

**Location:** Gunnison Valley School, 600 N. 8<sup>th</sup> Street

**Instructor:** Andy Tyzzer

**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. The course emphasis is on cultivation of character and instilling excellence as a habit.

Introductory classes for new students are available as needed beginning May 11. Introduction to Soo Bahk Do is a three-class overview of the art. The first two classes are private classes taught by a certified instructor. The cost is \$20.00 for the three classes.

On-going group classes are available as follows:

**Days:** Tuesday and Thursday

**Time:** 5:30-6:45

**Location:** Gunnison Valley School, 600 N. 8<sup>th</sup> Street

**Instructors:** Andy Tyzzer, David Baumgarten, Dillon Hall

**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.

No Dan Prep class on Father's Day, June 20 or Independence Day, July 4

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

Saturday open workout 9:00-10:15 am open to all students.

*West Elk Soo Bahk Do Moo Duk Kwan admits students of any race, color, and national or ethnic origin.*

[www.westelksoobahkdo.org](http://www.westelksoobahkdo.org)

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