

# TaeKwon-Do Lessons

## At Lake Norman Christian School!



### What is Taekwon-Do?

TaeKwon-Do is a self-defense class specifically designed for children ages 4-14. This is a fun, safe and rewarding class to build basic self-defense skills. This is a positive upbeat class that encourages children to follow directions, use respect, and build self-confidence.

The Academy of Martial Arts ([www.amatkd.com](http://www.amatkd.com)) provides the instructors. Mr. Kempka a 5<sup>th</sup> Degree black belt and with a BA in Elementary Education will oversee all instruction. We started at HCA and are pleased to have the classes resume. We are looking forward to the opportunity to teach your child! Feel free to contact us for any reason at 704-494-0800 or [amatkd@bellsouth.net](mailto:amatkd@bellsouth.net)

Classes will last 45 minutes 3:00-3:45 pm after school dismisses on each Tuesday.

### Check your class session:

- Fall 2009 -12 weeks 9/15/09-12/1/09, cost \$145  
(12/8/09 will be a make up day if needed.)

*Payment is due at time of first class, checks to be made out to "Academy of Martial Arts". We can take VISA payments over the phone. There will be a minimum of 7 students required to hold class. You may start the program at any time during the year (payment will be prorated). Official uniforms will be available yet not required. This is an International Black Belt certification program.*

### Registration Information:

Please return this form with attached payment to your teacher or front office

Student Name: \_\_\_\_\_  
DOB: \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_  
Classroom Teacher Name: \_\_\_\_\_  
Parent Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

### Liability Waiver

I, the undersigned, waive, release, and forever discharge any and all rights and claims for damages which may occur against the Academy of Martial Arts & Fitness, Inc., Lake Norman Christian School and/or all persons associated with this event in any capacity, for any and all damages which may be sustained by me or my children with my association with entry in the above athletic class/meet or which may arise from me or my child/s attendance at and/or participation in the above named class/event.

Signature of Parent: \_\_\_\_\_ Date: \_\_\_\_\_  
Print Parent Name: \_\_\_\_\_