

# MASSACHUSETTS TAEKWONDO ACADEMY

50 Bond Ave. East Longmeadow, MA 01028 413 -525-8070 elongtkd@gmail.com

Join our Sparring Team!!!



Women's Self-Defense & Kickboxing

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
After School Program 2:00 - 5:00	After School Program 2:00 - 5:00	After School Program 2:00 - 5:00	After School Program 2:00 - 5:00	After School Program 2:00 - 5:00	Tai Chi 8:00 - 9:00
Yellow - Green 5:15 - 6:00	White & Lil' Dragons 5:15 - 5:55	Yellow - Green 5:15 - 6:00	Blue - Red 5:15 - 6:00	White & Lil' Dragons 5:15 - 5:55	Black Belt & Deputy Black Belt Class 9:30 - 10:30
Blue - Red 6:00 - 6:45	Yellow - Green 6:00 - 6:45	Blue - Red 6:00 - 6:45	White & Lil' Dragons 6:00 - 6:40	Women's Self-Defense & Kickboxing 6:00 - 7:00	Trainee Instructor Class 10:30—11:00
Weapon's Class 6:45 - 7:15	Blue - Red 6:45 - 7:30	Sparring Team 6:45 - 7:45	High Red - Black 6:45 - 7:30	Sparring Team 7:00 - 8:00	White & Lil' Dragons 11:00 - 11:45
High Red - Black 7:15 - 8:00	Teens & Adults Taekwondo 7:30 - 8:30	High Red - Black 7:45 - 8:30	Teens & Adults Taekwondo 7:30 - 8:30		Yellow - Green 11:45 - 12:30

**Parents join our Taekwondo Classes for 1 Month Free!!!**



**OUR BIRTHDAY PARTIES ARE THE BEST! BOOK YOURS TODAY**

\*Board Breaking \* TKD games  
\* Pizza/ Cake/ Drinks \* Goodie Bags  
**FUN FOR ALL AGES**

## STUDENTS CREED

1. I WILL WORK TOWARDS BEING THE BEST I CAN BE!
2. I WILL NOT PARTICIPATE IN ANYTHING THAT WILL HARM MY PHYSICAL OR MENTAL HEALTH!
3. I WILL ENCOURAGE HELP AND LEARN FROM MY FELLOW STUDENTS!
4. I WILL USE THE TAEKWONDO I LEARN ONLY FOR SELF-DEFENSE!
5. I WILL ALWAYS STRIVE TO LIVE UP TO THE 5 AIMS OF TAEKWONDO!

 Find us on Facebook

@ Olympic Taekwondo  
East Longmeadow

## 5 AIMS OF TAEKWONDO

RESPECT  
HONESTY  
HUMILITY  
PERSEVERANCE  
SELF-CONTROL SIR!!!