

My Tae Kwon Do Class

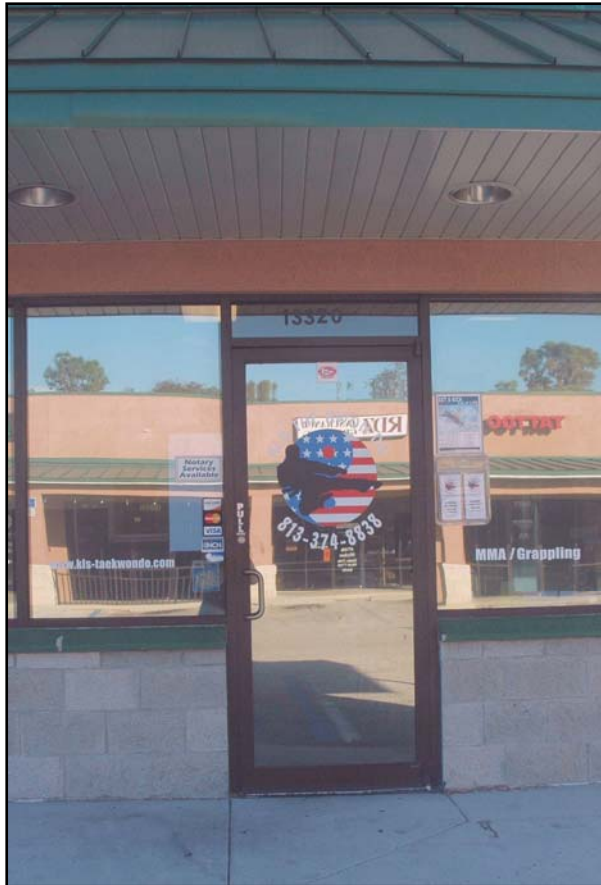


I am going to KLS Tae Kwon Do soon!

Tae kwon do class will teach me to be strong and safe.

owners

*phone
number*



KLS Tae Kwon Do LLC
Scott & Lori Van Kleeck

813-374-8838
Owners



Building Tomorrow's Leaders Through marshal Arts Today

13320 Lincoln Rd
Riverview, FL 33578

www.kls-taekwondo.com
kls-taekwondo@msn.com

location

*website
& e-mail*

I will go in the front door of KLS Tae Kwan Do.

Inside, I will see the desk where we sign up for classes or ask questions if we need help.

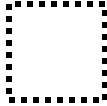
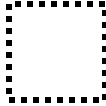

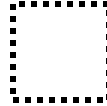


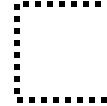

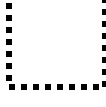

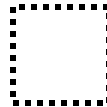

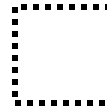
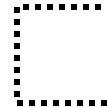
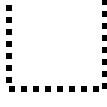


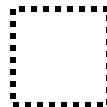

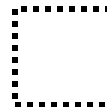
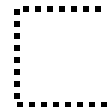



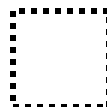

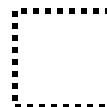
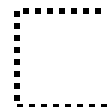
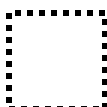
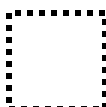
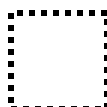
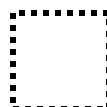
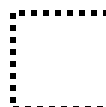
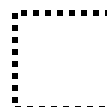
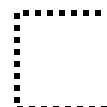
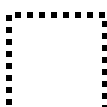
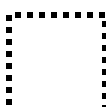
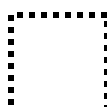
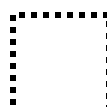
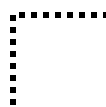
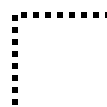
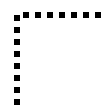


I can use this calendar to know which days each month I will have tae kwon do class on.


First, I will write the date for each day of the month with a water based marker.

Then I will attach the KLS Tae Kwon Do logo to the days that class is on.

When the class is finished, I will remove the logo from that day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(date) 	(date) 	(date) 	(date) 	(date) 	(date) 	(date) 
(date) 	(date) 	(date) 	(date) 	(date) 	(date) 	(date) 
(date) 	(date) 	(date) 	(date) 	(date) 	(date) 	(date) 
(date) 	(date) 	(date) 	(date) 	(date) 	(date) 	(date) 
(date) 	(date) 	(date) 	(date) 	(date) 	(date) 	(date) 
(date) 	(date) 	(date) 	(date) 	(date) 	(date) 	(date) 



You will need to cut out these logos.
 *Put a small dot of velcro in each calendar box and on the backs of the logos.*

My parents or the people who came with me can wait here, and watch me learn tae kwon do!



If I need to put away my jacket or other things I can hang them by the office. They will be there when class is done.



If I am hungry or thirsty, I can buy a snack. I will need money for this.

**Before class, I will take off my shoes and socks,
and put them in one of the cubbies.**



Logging into the Computer

1.



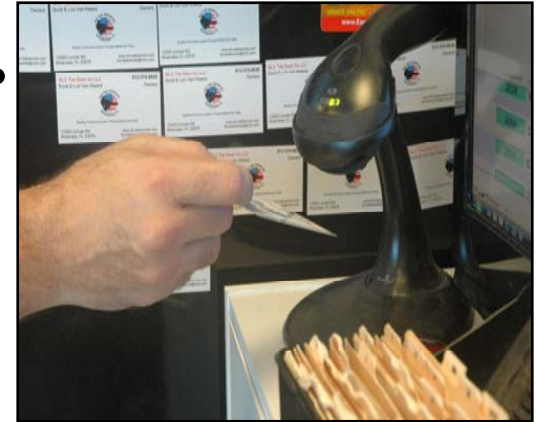
I will go to the file box and get the card with my name and picture on it.

2.



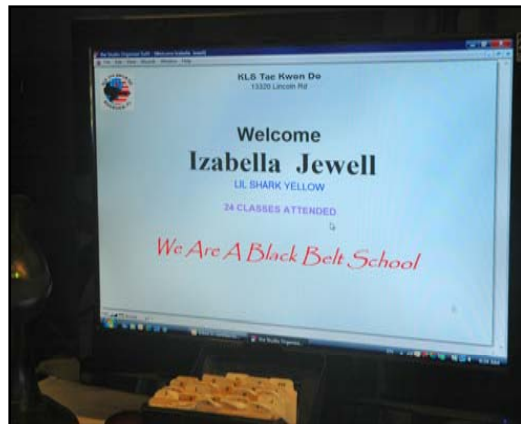
The card will allow me to log into the computer.

3.



I will scan my card to log into the computer.

4.



I will know I am logged in when my name appears on the computer screen.

5.



I will return my card to the file box.



Mr. Van Kleeck is the tae kwon do *Sa Bum Nim*.
That means he is a tae kwon do instructor.

His belt is black.

His white uniform is called a *do bok*.

He wears it when he teaches class.

When Mr Van Kleeck is not
teaching tae kwon do class,
he does not wear his black
belt or *do bok*.

I will remember to bow to Mr.
Van Kleeck when class is over.

That is how to show respect to
the tae kwon do *Sa Bum Nim*.



The tae kwon do studio is called a *do jang*. It looks like this inside.



We learn our tae kwon do movements on the floor mats.



Sometimes we use special equipment, but not always.



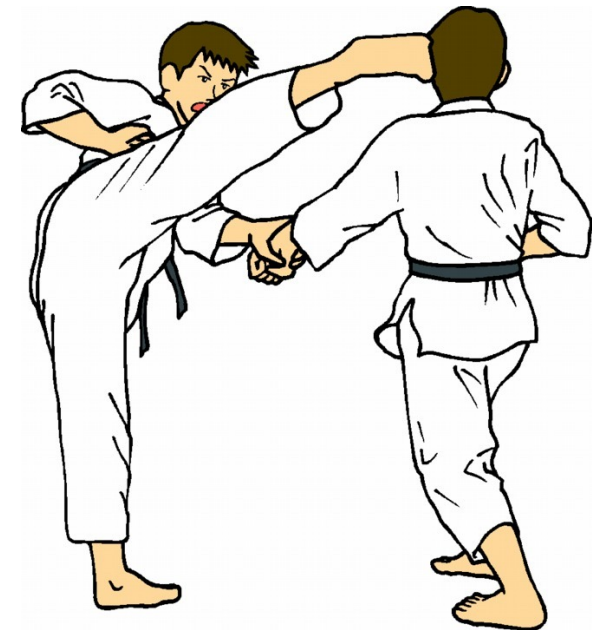
I can watch myself in the mirror while practicing tae kwon do.



First, we will do warm-up exercises and stretching.



Next, we will practice punching and kicks.



**After class, I will get my shoes and socks from the cubby.
I will put them back on.**



**I can have some water if I
am thirsty.**



**Maybe I need to buy some gear or clothing for tae kwon do class.
I can buy it at KLS or at another store.**

My family and my *Sa Bum Nim* will be very proud of me!

See you next time!