

- **Family Discounts**
- **Convenient Location**
- **State of the Art Training Mat**
- **Safe, Clean Environment**
- **Convenient Schedule**

We're located at 331 Main Street in Vacaville, CA

From Sacramento, take I80 West into Vacaville.  
From San Francisco, take I80 East into Vacaville.

- Take the Davis Street Exit and make a left onto Davis Street.
- At the Main Street/Davis Street intersection, make a left at the sign onto Main Street.
- Continue on Main Street through two stop signs and we are located on the right side of the street.
- Parking is available on the street or in a lot behind the building (alley).



## TAEKWONDO TOTS AT MAIV

331 Main Street, Ste. B  
Vacaville, CA 95688

Phone: 707-446-2454

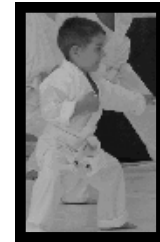
Email: [senseipenny@yahoo.com](mailto:senseipenny@yahoo.com)

Web: <http://martial-arts-institute-vacaville.biz>

Martial Arts Institute of Vacaville  
Presents...

# TAEKWONDO TOTS

## ages 3-5 years



**707-446-2454**

## Taekwondo Tots Program Ages 3-5 years

In addition to our highly successful Kids' Taekwondo program, we offer the **Taekwondo Tots** program. This program was developed specifically for **preschool age children** ages 3 through 5 years.

This program offers children a **strong foundation** in essential character qualities such as courtesy, respect, perseverance and discipline. In addition, the program is designed to improve children's motor skills and enhance their ability to pay attention and follow directions.

All classes are taught using the most **safe, fun** and **exciting** instruction methods available for this age group. This program works in conjunction with our Kids' Taekwondo program, thereby emphasizing the same important value system.

**Taekwondo Tots** will have their own unique victory stripes. **Stripes are earned** by demonstrating different abilities over time, abilities such as:

- The ability to demonstrate how to enter the dojo and greet the instructor.
- The understanding of how to perform strikes such as a lunge punch, reverse punch, knifehand strike and palm heel strike.
- The understanding of how to perform several kicks such as a front kick, side kick and round kick.
- White Belt One Step #1, #2 & #3.
- The ability to pay attention and follow directions.
- The ability to share their understanding of courtesy, respect, perseverance, discipline and other important values.



We are interested in helping your child to understand the importance of respecting their bodies as well as their parents and teachers. Your child will learn to kick out calories while learning important life skills such as stranger awareness, health and exercise. We look forward to providing children with a whole life approach to making choices that effect both their mental and physical health. The best part is no one sits on the bench. Everyone is included. We will help your child to develop terrific life skills that will make them not only a better citizen but a healthier one as well.

This program teaches more than martial arts. The students become well rounded by developing social, emotional, physical and intellectual growth. Other things that will be taught indirectly during classes are:

- Sharing
- Self-esteem
- Sense of independence
- Take turns
- Curiosity
- Development of speech & language
- Promote physical strength
- Promote coordination and balance
- Develop a love of learning
- Build fundamental motor skills
- Increases awareness of body and space
- Follow directions
- Socialization
- Problem solving
- Responsibility
- Self-control
- Respect for yourself and others

## TAEKWONDO TOTS

### CLASS SCHEDULE:

**Saturdays (see Calendar) - 11:30am-12n**

Classes are scheduled as 30 minutes long.  
Students will not be permitted to attend class if more than 5 minutes late.

### FEES:

\$30per month (pre-paid)

Or \$10 per class (drop-in)

Please ask about Family Discounts



\*No special equipment is needed. We recommend that you purchase a uniform to promote that this IS a martial arts class. Otherwise, comfortable clothing, suitable for exercise is recommended.

### How to Enter the Dojo and Greet the Instructor:

- Please bow toward shomen (the front area of the dojo – where the flags are located) when entering through the door.
- Please place shoes in the shoe rack (please wear shoes to class) and pull your attendance card.
- Please be sure your feet are clean – wipes are available in the shoe rack.
- No shoes are ever allowed on the mat.
- Bow before you enter the mat – toward shomen again. (We are showing respect and appreciation for a great place to work out in and the ability to practice martial arts.)
- Find the Instructor and bow to the instructor with the appropriate greeting. I.e; "Good Afternoon, Sir/Ma'am."
- Begin warming up before class begins.
- Be sure to bow before exiting the mat and then bow before exiting out the door.