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## **SKY TaeKwonDo's**

### **Recreational Sports Program**

SKY Taekwondo's recreational sports program is a 12-week Martial Arts and Recreational Sports program designed to give young martial artists a more complete martial arts experience in Taekwondo & Kumdo. This unique program is targeted at children between the ages of 6 and 13 years who want to establish a strong Taekwondo & Kendo foundation and recreation sports, while also developing critical supporting habits and skills.

#### **Edmonton Sky Taekwondo Martial Arts Club**

Master Kichul Nam, a founder of Sky Taekwondo, is a certified 7<sup>th</sup>-degree black belt and Master-Instructor with the World Taekwondo Federation. He has over 37 years of experience in Taekwondo and over 30 years of teaching experience in both Korea and Canada. In Korea, he participated in competitive Taekwondo for many years and taught Taekwondo in the army. He volunteered for Canadian Athletes as a coach when moving to Canada in 1998. He opened his club in S.W. Edmonton under the name of Hwarang Taekwondo in 2002. He moved to the current location and changed the club's name to Sky Taekwondo in 2013.

Sky Team believes in enhancing our community through the positive personal development of each of our students. Our team is truly committed to providing a supportive and energetic environment in which our students can grow mentally and physically. We seriously believe that the long-term growth of our club is only achieved by providing legendary service to our students.

#### **Program Schedule**

This 12-week Martial Arts program runs from Monday through Friday, except for national and civil holidays. The main program runs from 4:00 pm to 5:00 pm. For program registrants, the program offers optional transportation from designated schools to the Centre. For those who are unable to register for the (4 or 5 days/week) Martial arts program, a part-time (2 or 3 days/week) option is available for a reduced fee. This program also covers day camps for the non-instruction days such as PD days, Spring Break, and Teacher's Convention from 8:30 am to 5:30 pm.

#### **Program Foundations:**

### **Taekwondo (Instructed by Certified Black Belt Masters and Instructors)**

- The foundation of the program is Taekwondo lessons from qualified Masters and instructors. The program focuses on helping registrants achieve self-improvement both physically and mentally. Introduction to, and advancement in, self-defense and martial arts values (Patience, Integrity, Self-Discipline, Confidence, Indomitable Spirit, Respect) are fundamental to the program.

### **Kendo (Master Joh)**

- Kendo ("swordway") is a modern oriental martial art, which descended from swordsmanship and uses bamboo swords and protective armour.
- Today, it is widely practiced within Japan and many other nations across the world.
- Kendo is an activity that combines martial arts practices and values with strenuous sport-like physical activity.
- Kendo is a way to discipline the human character through the application of the principles of the sword.

### **Gym Activity (Supervisor Master Joh)**

: Sejong Multicultural Centre, where the Sky Taekwondo offers After-School Martial Arts Program, features a gymnasium of over 5,000 square feet. The program offers free activity time for the registered students from 5:00 to 5:30 pm. Master Joh will oversee the safety of the students.

## **Consultation**

### **• Bullying Consultation**

- SKY TaeKwonDo creates an environment where bullying is not tolerated. Our instructors work with students to resolve any disagreements, and work with parents and students to end bullying. The focus of our club is to promote strong minds and confidence in oneself. Programs will teach self-control to every student and give students the confidence to stand up against bullying. Our staff will provide assistance and knowledge so students can speak up against bullying. With respect and integrity as core beliefs in TaeKwonDo we teach students the importance of kindness in every aspect of their lives.

### **• Interactive Fun Activities**

In order to develop a healthy relationship with physical activities and martial arts, in particular, it is important that children enjoy the activities in which they are participating. A variety of games that work to enhance martial arts training will be played to encourage fun physical activity and positive interaction among students. Supervised participation in these supplemental activities gives students the chance to practice respect, patience, integrity, perseverance, confidence, and indomitable spirit (our tenets of Taekwondo) in a "real life" environment, making it more likely that they will take positive martial arts values into their everyday lives. All activities embody the core values of our community-renowned Taekwondo Dojang.