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# SKY TaeKwonDo After School Martial Arts & Recreational Sports Program

SKY Taekwondo After School Martial Arts and Recreational Sports Program is a 12-week ongoing 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 for children between the ages of 6 and 13 who want to establish a strong Taekwondo & Kumdo foundation while developing important habits and skills.

## Edmonton SKY Taekwondo Martial Arts Club

Master Kichul Nam is a certified 7th 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 has volunteered for the Canadian Athletes as a coach when he moved to Canada in 1998. He opened his club in Southwest Edmonton under the name, Hwarang Taekwondo in 2002. After moving to Sejong Multicultural Centre in 2013, he changed the name to the now existing, SKY Taekwondo.

Our SKY Team believes in enhancing our community through the positive and personal development of each student. Our team is committed to provide a supportive and active environment where our students can grow both mentally and physically. We believe that the long term growth of our club is only achieved through the support of our families. Thank you!

## Program Schedule

Our SKY Martial Arts program runs from Monday through Friday, except for national and civil holidays. The main program is from 4:00pm to 5:30pm (latest pick-up is at 6:00pm). Additional activities are offered from 12:00pm to 3:00pm on Thursdays (Note: start times may vary depending on the school schedules). Optional transportation is available for our students from specific designated schools to the dojang, please contact us for more information.

## **Program Foundations:**

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

- Taekwondo is the foundation of our program. Taekwondo lessons are taught by our qualified SKY Masters and instructors. Our program focuses on helping our students improve both physically and mentally.
- Introduction to, and advancement in, self-defense and martial arts values (Patience, Integrity, Self-Discipline, Confidence, Indomitable Spirit, Respect) is fundamental to the program.

### **Kumdo (Master Joh)**

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

## **Supporting Activities:**

To take their training to the next level, this program offers a variety of recreational activities to holistically support children's development as martial artists. Our structured curriculum includes:

### **• Cross-Training: Non Martial Arts (Soccer: Instructor Kichul Nam)**

- Soccer provides cardiovascular conditioning, teaches teamwork, and balance. Participants will work on coordination and footwork.

### **• Cross-Training: Non-Martial Arts (Arts and Crafts: Sky Managers)**

- Fostering creativity through arts and crafts will help our students develop mentally, socially, and emotionally. As our students manipulate paintbrushes and scissors, count pieces, identify colours, and experiment with materials, they learn the basics of math and science while improving their fine motor skills. But academics isn't the only thing, most importantly, our students feel good while they are creating art. They are able to experiment and show in art form how they are feeling, which extends beyond the arts and craft room. This program is mainly prepared for Day Camp.

### **• 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.

**•Healthy Mind and Body**

- Developing a healthy mind and body are central to martial arts. With a focus on stress relief and self-control, program registrants will participate in meditation sessions and learn to be mindful of their surroundings. Other health-centered activities, such as yoga, will also be featured (Possibly on DAY CAMP)

**• 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 between children. Supervised participation in these supplemental activities gives children 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.