

Tae Kwon Do • Yoga • Kickboxing • Judo • Self Defense



Chun Ma Tae Kwon Do



Benefits of Martial Arts Training at Chun Ma

- Responsibility
- Physical Fitness
- Self-Defense
- Respect
- Concentration & Focus
- Discipline
- Confidence
- Integrity
- Self-Control
- Patience
- Positive Attitude
- Cooperation



Chun Ma is registered with the World Tae Kwon Do Federation (WTF) and part of American Tae Kwon Do Centers (ATC)

Master Jeon's Chun Ma Tae Kwon Do

www.ChunMaTKD.com • 330-867-3366

Children • Teens • Adults • Families • Beginner • Advanced • Men • Women

Elementary • High School • Homeschool • Preschool • Corporate • Demonstration

Chun Ma provides a variety of programs to accommodate most individual and family needs. Whether you are looking for discipline, motivation, fun, flexibility or physical fitness, we offer a program to fit your goal.

We also offer a variety of programs to meet most schedules & budgets, including Family Discounts, Once-a-Week Programs, Unlimited Use Programs, Pre-Payment Discounts, Trial and Monthly Programs. We accept Cash, Checks, Visa, Mastercard and Discover. Monthly Payments available via Credit Card.

All of our programs are easy to understand, without underlying or hidden fees. Membership consists of **Registration Fee** (one-time only per family/program) **Tuition** (paid all at once or billed monthly to credit card) and **Test Fees** (paid before belt testing). All TKD & Judo programs require a **Uniform**. (No uniform for Yoga or Cardio Kickboxing.) At the end of class on Mondays and Tuesdays we spend about 5-10 minutes teaching **Nuchaks**. These are optional, but suggested.

Upon promotion to Green Belt, we require that each student is properly protected with appropriate sparring gear. Specific gear is required for the safety of all of our sparring students. This gear is available at the school or can be purchased elsewhere. (Please get Master Jeon's approval before purchasing sparring gear outside of the school.)

Fees for optional products and services include: Aftercare, Tournaments, Day & Summer Camps, and Special Events. We stock Chun-Ma T-Shirts, Jackets, Targets, Sparring Gear, Nunchaks, Uniforms, TKD Shoes and other Tae Kwon Do Related Merchandise in the Pro-Shop in Fairlawn.

After-School Care

After-school TKD is a week-to-week program that takes the place of traditional daycare, extended care or babysitting. Your child will attend their regular TKD class each day. We have space provided for snack and homework and can even arrange pick-up at your child's school. This is offered at our Fairlawn School only.

Summer Day-Camp

We have scheduled two-one week summer day camps at our Fairlawn School. These camps are open to Chun Ma members or non-members. Camp activities include Tae Kwon Do Class, Nunchaks, Korean Terminology, Cultural Activities, Movies, Games, Self-Defense, Swimming and more. We offer "Bring a Buddy" on the last day of camp so that children can show their new skills to friends and family.

"No-School" Day-Camps

Starting with the 2007/2008 school year, Chun Ma will provide daycare when school is out for Holidays and Teacher In-Service Days. Activities will be similar to our summer day camp allowing parents an alternative choice for daycare when school is out.

Self Defense Classes—Individual –Group—Corporate

These classes teach tips and techniques to improve awareness and response to personal safety issues. Schedules vary. Classes are available to both Chun Ma members and non members. Self-Defense Classes are usually taught at the Fairlawn location, but arrangements can be made to teach at a location of your choice. Call for times and pricing.

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Tae Kwon Do

With more nationwide emphasis on fitness and security, adults and children are finding Martial Arts to be a great alternative to traditional fitness programs. Martial arts involves increasing overall fitness and balance while learning discipline, leadership skills and the ability to utilize mind and body to overcome adversity. Tae Kwon Do is a form of Martial Arts that is suitable for all ages and can become a lifelong physical fitness activity. Tae Kwon Do students find increased strength, flexibility, self-awareness, concentration and confidence.

Little TKD

This downsized version of our regular TKD program is offered to 4-6 year olds. Informal tests are used to promote your child through a series of belt stripes. Passing these tests and earning the stripes will empower your child to continue working toward his/her first official belt test. Length of time to first belt test is dependent on the developmental level of the child.

Adult Conditioning—Lower Impact Martial Arts

This class is a great alternative for adults returning to a physical fitness routine or those who are concerned that our regular program is a bit too demanding. More time will be spent on stretching while easing into mild cardio, basic skills and forms. Emphasis is on technique rather than speed and power.

Yoga

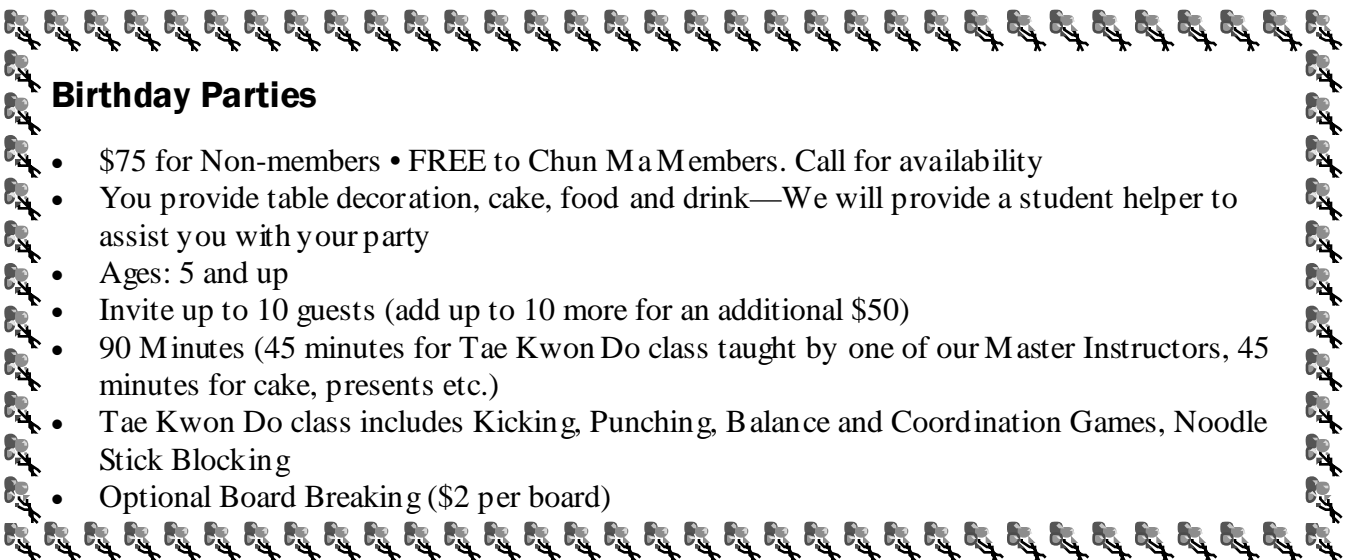
We offer a flowing style of yoga connecting our breath with our movement. Our Certified Yoga Instructor will guide you through a sequence of Yoga poses and breathing allowing you to gain strength and flexibility while clearing your mind and relaxing your body.

Cardio Kickboxing

Our Cardio Kickboxing workout combines cardiovascular and body toning while learning self-defense Tae Kwon Do techniques.—Class is taken music

Judo

In addition to throwing techniques, Judo includes: hold-downs, choking techniques, and arm locks... all of which can be safely used in contests of sport judo as well as self-defense.



Birthday Parties

- \$75 for Non-members • FREE to Chun Ma Members. Call for availability
- You provide table decoration, cake, food and drink—We will provide a student helper to assist you with your party
- Ages: 5 and up
- Invite up to 10 guests (add up to 10 more for an additional \$50)
- 90 Minutes (45 minutes for Tae Kwon Do class taught by one of our Master Instructors, 45 minutes for cake, presents etc.)
- Tae Kwon Do class includes Kicking, Punching, Balance and Coordination Games, Noodle Stick Blocking
- Optional Board Breaking (\$2 per board)

Two Convenient Locations

Fairlawn—2721 W. Market St. • Wadsworth—295 Weatherstone Dr. #C



Recognition Programs

Positive recognition has a tremendous impact on learning and at Chun Ma we offer a variety of monthly recognition programs, including: Attendance, Home Behavior Incentive, Home Physical Training Incentive, as well as Monthly Color Belt Tests.

Interschool tournaments give our students the opportunity to show their friends and family the skills they have learned and our Leadership, Jr. Black Belt, Black Belt and Masters Clubs offer the opportunity for our students to learn extra skills and teach others.



Community Support

Chun Ma has created a matching funds scholarship program. As the Black Belt Scholarship Fund grows, we hope extend support for educational endeavors to our community. We support our local school districts by giving promotional gift certificates for fundraisers and citizenship incentives. We offer Demonstrations as well as low and no cost Self-Defense Classes to the community.



Leadership

Through our Leadership Program, new members can be teamed with a more experienced member of our Black Belt or Jr. Black Belt Clubs. Students meet with their peer leaders once or twice a month to work on basic skills and terminology. Students can contact their leaders whenever they have a question or concern.



Special Events

We provide Monthly Belt Tests as well as All-School Events. Events include:

Halloween Party	Laser Quest	Interschool Tournaments
Movie Nights	Summer Picnic	Parents Night Out
Bowling	Bi-Annual Blackbelt Tests	Picture Day
Monthly Belt Tests	Pot Luck Dinners	And More



Our Teaching Techniques

Watch any class and you will notice how we combine respectful discipline with a friendly hands on approach. You will also notice the frequent use of positive reinforcement and the use of both verbal and physical demonstrations.



Our Schedule

Chun Ma offers over 50 classes weekly and is open for training 6 days per week. We provide a flexible schedule to meet the demands of your busy schedule and to allow you to consistently attend classes at times that are convenient to you.

Our Facility

We have two convenient Akron Area locations. Our Fairlawn school offers Tae Kwon Do, Little Tae Kwon Do, Low Impact Tae Kwon Do, Yoga, Cardio-Kickboxing, Judo, Self-Defense, Nunchaks and Special Classes. Our Wadsworth school provides TKD, Little TKD and Nunchaks.

Fairlawn

2721 W. Market St. • Fairlawn, OH 44333
330-867-3366

Wadsworth

295 Weatherstone Dr. #C • Wadsworth, OH 44281
330-335-7000

