

Martial Arts for

Call for 6 FREE Classes!

Learn:

Respect Confidence Discipline Self-Control Self-Defense 838-3644

\$99.00
10 week course and FREE Uniform

Hauth's Family Taekwondo Center 8465 Old Redwood Hwy. Suite 230 Windsor, CA 95492 707-838-3644 www.familytaekwondo.com



Hauth's TAEKWONDO Class Schedule

www.familytaekwondo.com: since 1988

updated June. 2016

1	8:30 - 9:30	ADULTS	ALL BELTS	1
2007	4:00 - 5:00	CHILDREN	BEGINNERS .	
CONT.	5:00 - 6:00	TECHNIQUE CLASS		. *****
MOx.	<u>6:00 - 7:00</u>	ADULTS	BEGINNERS	
•	7:00 - 8:00	CORE CLASS	DEGITALING	
	8:00 - 9:00	BLACK BELT CLAS	C DDT	/ /
	0.00 ·· /.00	DUACK BELT CLAS	S-FDIS	
	8:30 - 9:30	ADULTS	ALL BELTS	AFE
, Al	3:30 - 4:00	CHILDREN	TINY TIGERS	S E S
200,7	<u>4:00 - 5:00</u>	<u>CHILDREN</u>	BEGINNERS	马另名
	5:00 - 6:00	CHILDREN	LT GREEN - GREEN	EGINNER NTERMED DVANCED
$\sqrt{}$	6:00 - 6:30	ORIENTATION CL	ASS	BEGINNERS INTERMED. ADVANCED
·	<u>6:00 - 7:00</u>	<u>ADULTS</u>	<u>BEGINNERS</u>	11 11 11
	7:00 - 8:00		ASS GREEN & ABOVE	leed a constant
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				WHITE Y LT GREEN PURPLE R
	8:30 - 9:45	CORE CLAS		
4	3:30 - 4:00	CHILDREN	TINY TIGERS	₩ 2 ×
tac	4:00 - 5:00	CHILDREN	RED & BROWN BELTS	YEI N C
SOC.	5:00 - 6:00	CHILDREN	BLACK BELTS	YELLOW N GREEN RED BRC
~~@ `	6:00 - 7:00	ADULTS	ALL BELTS	B E OV
weatherach	7:00 - 8:00	SPARRING CLASS		OW OR EEN BI BROWN
Me	8:00 - 9:00	TECHNIQUE CLASS/	ODEN CVM	₩ B O
	0.00 - 2.00	TECHNIQUE CEASS/	OFEN GIM	ORA BLU
	3:30 - 4:00	CHILDREN	TINY TIGERS	ORANGE BLUE PI VN BLA
	4:00 - 5:00	CHILDREN	BLUE BELTS	A PE
Jan 1	5:00 - 6:00	CHILDREN	PURPLE BELTS	윷윷
60° 1	6:00 - 6:30	ORIENTATION CLA		E BEL PURPLE ACK BEI
A The V	6:00 - 7:00	ADULTS	BEGINNERS	BELTS BELTS
VAN.	0.00 7,00	ADOLAS	<u>BEGINNERS</u>	E BELTS PURPLE BE ACK BELTS
•				
	9:00 - 10:00	BLACK BELT CLASS	S	
	<u>4:00 - 5:00</u>	<u>CHILDREN</u>	BEGINNERS	505
.1	5:00 - 6:00	CHILDREN	SPARRING	TX !! ONT TX !!
, XX	<u>6:00 - 7:00</u>	ADULTS	ALL BELT	X
	7:00 - 8:00	ADVANCED CLASS		4-4
FCCOM			5 5 (<u>-</u>
	8:00 - 9:00	CORE CLASS	1 101	73
LA.	9:00 - 10:00	ADULTS	ALL BELTS \	4/1
XX-1	10:00 - 11:00	CHILDREN	ALL BELTS	-
\JL	11:00 - 12:00	SPARRING		
Saturday			1	
کی			L. /	gent "

WHY KARATE FOR KIDS?

EVERY CHILD WINS!

At HAUTH'S TAEKWONDO we have no bench sitters, every child wins because every child participates. All children progress individually at their own pace and are not judged against others. At HAUTH'S TAEKWONDO we believe every child is a winner.

CONVENIENT SCHEDULES!

Our class schedules are designed with parents in mind with classes scheduled six days a week with evening and Saturday morning classes.

SCHOOL WORK AND GRADES!

Most of our parents are very excited to find out that not only do their children have time for TAEKWONDO lessons but also many of them see a noticeable improvement in their child's grades. Developing a child's sense of self-esteem carries over in all that they do including the confidence and dedication it takes to maintain good grades.

QUALITY INSTRUCTION!

All of HAUTH'S TAEKWONDO instructors must qualify for national teaching certification before they are allowed to instruct at any TAEKWONDO club. Part of this training focuses on the instructor learning the newest and most innovative teaching methods - with an emphasis on positive reinforcement - which allows him or her to teach a challenging class that keeps the student motivated and excited.

TAEKWONDO AND YOUR CHILD!

TAEKWONDO challenges the entire body developing coordination, balance, agility and poise. Factors often neglected in many team sports. But most of all, TAEKWONDO is for all kids whether they're athletic, energetic, awkward or shy, bold, nice or maybe even a little wild once in a while ... TAEKWONDO is probably for a kid just like yours.

HOW DO I SIGN MY CHILD UP!

The cost of our Ten week introductory program is just \$99. This Ten week program gives many children and parents an opportunity to experience TAEKWONDO for the first time. It also allows the instructor to evaluate each student and recommend which ongoing program will benefit the student most.

Just call the number below and set up your FREE orientation classes.



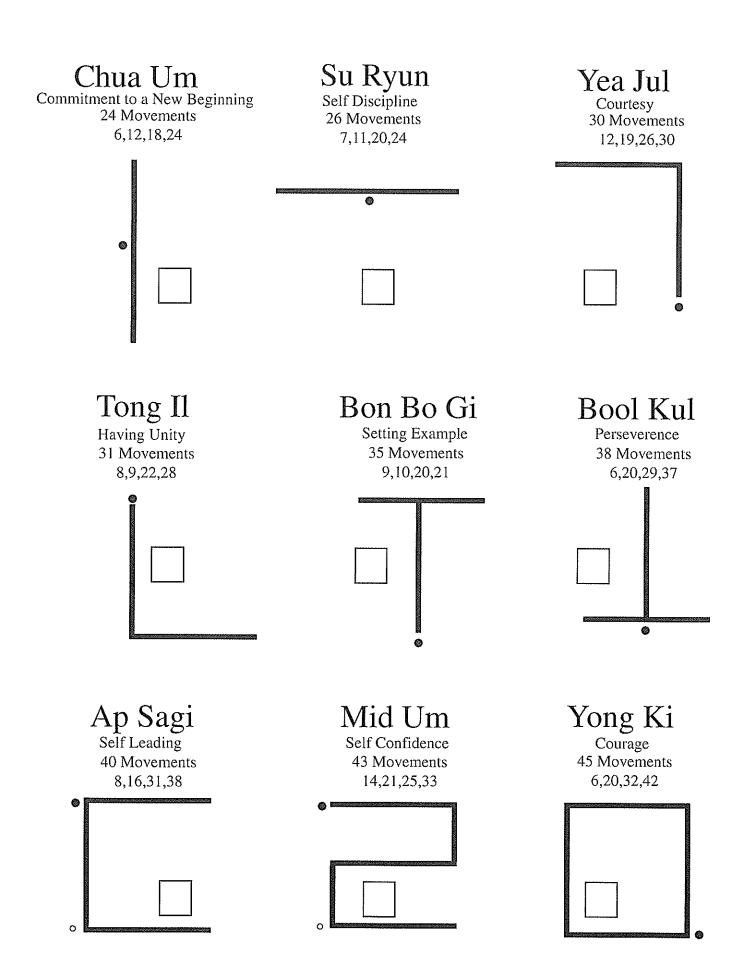
838-3644





http://www.familytaekwondo.com

Han Gil Style Taekwondo



Hauth's Family Taekwondo

Uniform & Personal Appearance:

- 1. Students must wear correct uniform and belt in class except with special permission from the instructor. Women should wear t-shirts or tanktops under the dobok and the apparel should be white. No collared, longsleeved, sweaters, turtlenecks or jeans please. T-Shirts should also be tucked in.
- 2. Students will not wear shoes on the workout floor. White is the recommended color for uniform shoes at tournaments and demonstrations.
- 2. Necklaces, earrings, watches, bracelets, jewelry, rings and all other accessories should be removed for the duration of any class, testing and other functions. Personal safety is first and foremost. Wedding bands can either be taped or kept safely at home or in the dojang office.
- 4. A student's personal appearance in class reflects courtesy and pride in himself/herself. Clean body and uniform, short or gathered hair and trimmed finger and toenails are required for safety and courtesy. Headbands are not allowed in traditional Korean martial arts. Hair should not be greasy.
- 5. Students allowed to use the classroom for informal training should wear their dobok or appropriate workout clothing. Shorts are not allowed.

Appropriate Behavior:

- 1. Students are encouraged to memorize and follow the student oath.
- 2. Students should follow all directions from instructors. The safety or educational reason may not be obvious immediately, but there is a reason.
- 3. All students are responsible to keep the school dressing and restrooms clean out of respect for fellow students.
- 4. Smoking or other tobacco use is not allowed in the school; smoking, chewing gum or consumption of alcohol while in uniform is not allowed. Eating may be allowed in uniform at special activities, such as Tournaments, with special permission.
- 5. Advice from the instructor is recommended before any student is going to visit another Martial Art school or activity. The courtesy of this rule is to ensure proper safety and etiquette.

Classroom Etiquette

- 1. Students and Instructors should bow in the general direction of the flags each time they enter or leave the classroom, even if there is no class in progress.
- 2. If a student is late for class, he/she should bow at the door and wait to be recognized by the instructor. He/She may then ask permission to join class.
- 3. Questions, comments and suggestions are welcome. Please make sure that they are addressed by an instructor or school owner before or after class.
- 4. Students should turn away from the flags, instructors and black belts if possible while adjusting uniform or belt. Turning to the right is the correct direction.

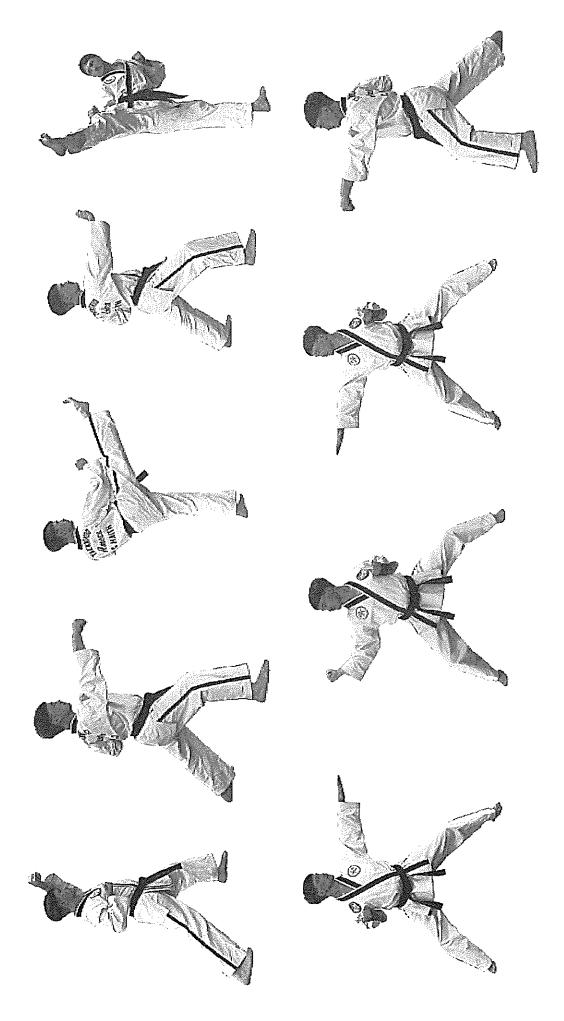
- 5. Students should use the restroom before coming to class. If necessary, he/she may ask permission to be excused.
- 6. Students are encouraged to stand when an instructor enters the room -- even a dressing room or school reception area -- and bow. They address instructors by last name and proper title; for example, Mr, Mrs, Ms -- even if they are friends or family members. Students should answer "Yes/No Sir/Ma'am" to instructors. If a class under a junior is underway, it is stopped when a higher ranked instructor enters, and all bow on request. High ranking visitors should be greeted with respect. If class is in session, it should be stopped immediately, students brought to attention for introduction of the visitor and all should bow.
- 7. Students are encouraged to participate in class, but respect for the time of others in class means that talking which disturbs their training is not acceptable. If a student does not understand instruction, he may raise his/her hand for instruction.
- 8. The senior of the students the same rank is the one who earned the rank first. If the rank was earned at the same time, seniority may be determined by length of time in Taekwondo or chronological age.
- 9. No students of any rank, may instruct or correct another student without direction or supervision of the instructor.
- 10. If a student is in the room when the student oath is recited he/she should stand and repeat the oath with the group, whether or not he/she is in uniform or in the group session.

Sparring:

- 1. Students may not free spar without instructor supervision. This is mandatory in the school and students should consider it equally mandatory outside the school.
- 2. Sparring is non-contact, and pads are required at all times. For safety reasons, the legal target areas are Torso (Kick, Punch) and Head (Kick). Face, back groin area, grabbing, grappling, sweeping, or excessive contact is expressly forbidden.
- 3. Students must wear appropriate sparring gear: hand, head, foot, chest, and mouthpiece. NO exceptions for anyone under 18 yrs old. Students at a Light Green belt and above are eligible to spar in the appropriate classes.
- 4. Appropriate apparel such as t-shirts are permissible to wear in a designated t-shirt sparring class, provided that the t-shirt is does not bear any offensive graphic, saying or quote, or alcohol/cigarette advertising. The t-shirt should also cover the shoulders and lower belly.

Other:

- 1. For the overall benefit of all members and to keep the spirit of these rules and regulations, complaints should be reported in the proper order: Student to Instructor; To Head Instructor; To School Owner; To Association/Affiliation Officer.
- 2. All Classes are based on belt participation. Students must attend the classes that are designated for their rank. They should know that if they attend a class that is not designated for their rank then they will be working on material that is designated for that class structure.
- 3. Students should not be in the school if they have been using drugs or alcohol, or if they have any communicable health problem. Even if a student is taking prescription medicine, the instructor should be advised, since it may affect performance.



The ABC's of Taekwondo are Block, Punch, Kick. The Basic Pattern for all beginners is demonstrated in the graphics. Your homework is to just remember the 3 Stances, 3 Strikes, 3 Blocks and 3 Kicks that were introduced in the Orientation class you attended. The next step is making a commitment to practicing. Good Luck!

Chris and Rhoda Hauth Hauth's Taekwondo

3 Kicks Front Round	Side
3 <u>Blocks</u> High Middle (Inner Forearm)	Low
3 Strikes Punch Palm	
3 Stances Ready Front	זאוותמוכ

STANCES

3 BASIC STANCES

Jhoonbee - *ready*Middle

Front

IN 8 WEEKS YOU WILL LEARN:

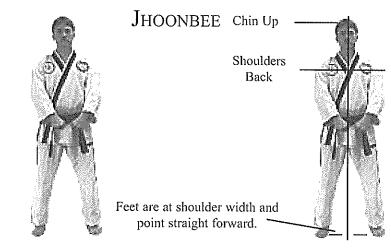
1. Basics (hand techniques and stances)

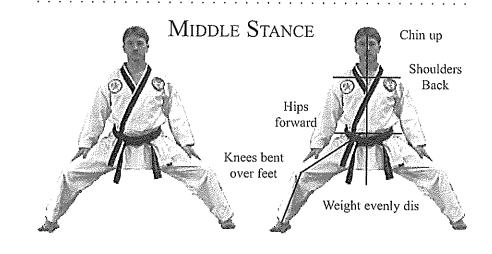
- 2. Kicks
- 3. Forms
- 4. Onesteps
- 5. Self Defense
 - 6. Forms and Onesteps
 - 7. Test Prep
 - 8. Test

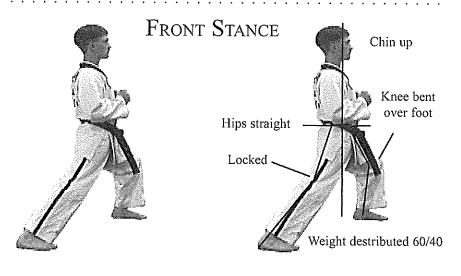
The reason why we do stances: to develope *strength* and *balance*.

NOTE

Look, Listen, and
Pay Attention
builds
Concentration and
Awareness.







$\mathbf{B}^{\frac{BEGINNING}{}{}}$

3 BASIC BLOCKS

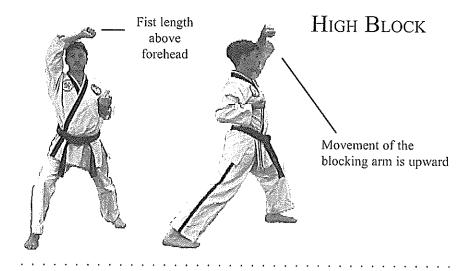
High Block Low Block Inner Forearm Block

3 LAWS OF MOTION

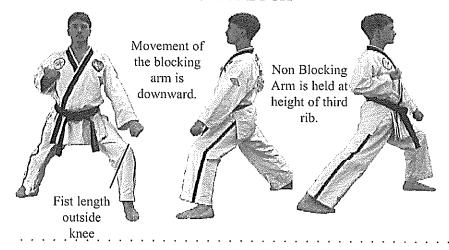
- For every action there is an equal and opposite reaction.
- 2. A body at rest or moving uniformly in a straight line will remain so, unless acted upon by some outside force.
- 3. A change in the motion of a body is proportional to, and in the same direction as the force that produces it.

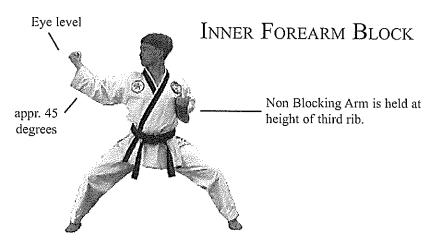
<u>NOTE</u> Look, chamber, Move.

All Blocks chamber from the bottom except for the low block.



Low Block





B E G I N N I N G

HAND STRIKES

3 STRIKES

Punch: Lunge or Reverse. Palm Heel: Lunge

or Reverse. Knifehand

3 PARTS OF A STRIKE

Starting Position.
 Execution.

3. Return to Start.

All strikes chamber from the

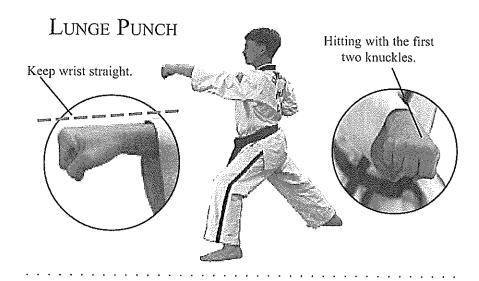
top.

FORMULA FOR POWER

(Mass (weight) x Velocity (speed))

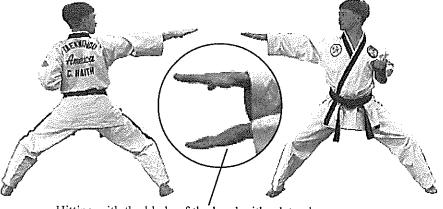
NOTE

5 Elements of
Power
(Kinetic Energy).
Hips
Action/Reaction
Yell
Twist
Hand & Foot
Timing



PALM HEEL STRIKE Hitting with the heel of the palm.

KNIFEHAND STRIKE



Hitting with the blade of the hand with a lateral movement.

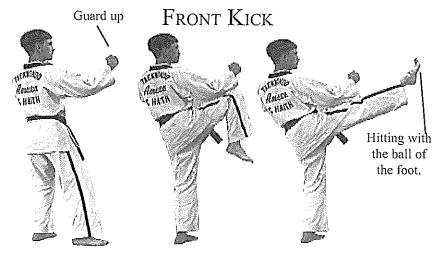
K I C K S

3 BASIC KICKS

Front Side Round

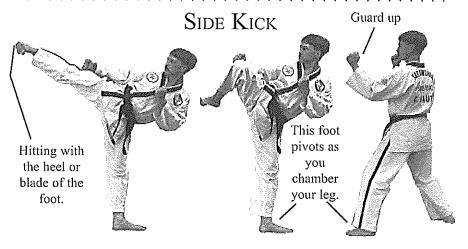
Front and Roundkicks are snaps closely resembling a knifehand strike.

Side Kicks closely resemble a punch – thrust.



THE 4 PARTS OF EVERY KICK

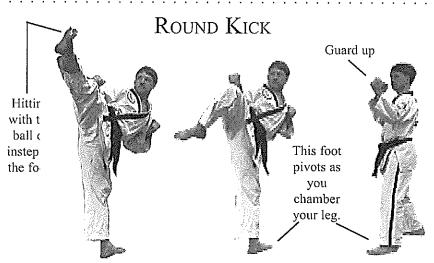
- I. Chamber
- 2. Execute
- 3. Rechamber
 - 4. Return



NOTE

For the beginner*
Taekwondo is 70%
kicks.

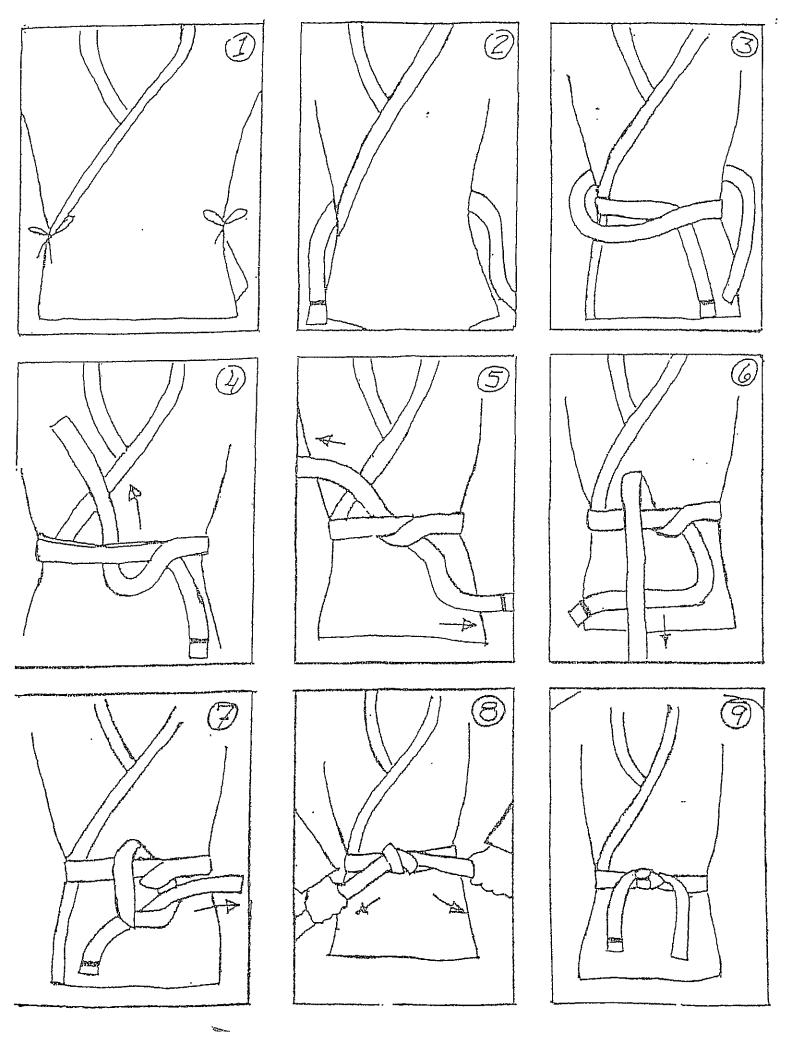
*The higher in rank you get the more it changes to 50%



	1. LEFT HIGH BLOCK 2. NO STEP RIGHT REVERSE PUNCH 3. NO STEP LEFT PUNCH 4. RIGHT #2 FRONT KICK 5. NO STEP RIGHT PALM HEEL STRIKE 6. NO STEP LEFT REVERSE PALM HEEL STRIKE	Sir I will have Courage to be and be an Example for all I will Persevere to be the Sir	I will Practice Tackwon Loyalty to my Instructor and Enthusiasm to show Sir
	7. LEFT #2 ROUND KICK 8. LEFT KNIFE HAND STRIKE 9. LEFT KNIFE HAND STRIKE	Courage to be Example for all were to be the I	ill Practice Tackwondo with D alty to my Instructor Enthusiasm to show my Spirit
a Um	10. TURN RIGHT INNER FOREARM BLOCK 11. NO STEP RIGHT KNIFE HAND STRIKE 12. STEP FORWARD LEFT PUNCH	Responsibl est I can b	Taekwondo with Discipline, Instructor 1 to show my Spirit
Cha	13. RIGHT HIGH BLOCK 14. NO STEP LEFT REVERSE PUNCH 15. NO STEP RIGHT PUNCH 16. LEFT #2 FRONT KICK 17. NO STEP LEFT PALM HEEL STRIKE 18. NO STEP RIGHT REVERSE PALM HEEL STRIK	Sir I will have Courage to be Responsible for my actions and be an Example for all I will Persevere to be the best I can be with Honor and Dignity Sir	
-	19. RIGHT #2 ROUND KICK 20. RIGHT KNIFE HAND STRIKE 21. RIGHT KNIFE HAND STRIKE	Dignity	Respect and Courtesy for oth
	22. TURN LEFT INNER FOREARM BLOCK 23. NO STEP LEFT KNIFE HAND STRIKE		or oth

24. STEP FORWARD RIGHT PUNCH

		TEC	CHNIQUI	€ .	STANCE	SECTION	
	1.	1. 2. 3. 4. 5.	L R L R	High Block Reverse Punch Punch Reverse Punch Low Block - Kihap	Front Front Front Front Front	High Middle Middle High Low	
2. R K 3. R K 4. L Lo		Inner Forearm Block Knifehand Strike Knifehand Strike Low Block - Kihap	Middle Middle Middle Front	Middle Middle High Low			
One Steps	· 111.	1. 2. 3. 4. 5.	R R L R L	Front Kick Punch Punch Punch Low Block - Kihap	Middl Middle Middle Front	M or H Middle Middle High Low	
	IV.	1. 2. 3. 4.	L L L L	Side Kick Inner Forearm Block Knifehand Strike Low Block - Kihap	Middle Middle Front	M or H Middle High Low	
	V.	1. 2. 3. 4.	L R R L	Front Kick Side Kick Knifehand Strike Low Block - Kihap	Middle Front	M or H M or H High Low	



frame. Belt programs can be started We offer EFT and Credit Card sales. The Belt Programs can be paid in 3 tions. Please contact Mr. Hauth or at any Rank. If you have any quesemail us - chauth1@earthlink.net installments over a 6 month time

Price Schedule

Introductory Special

Introductory Special

\$59 for One Family Member

\$119 for Three Members

\$125 for Four or more

\$104 for Two Members

- 5 Weeks -

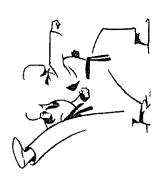
\$99 for One Family Member

\$198 for Three Members

\$219for Four or more

\$175 for Two Members

- 10 Weeks -



- Monthly -

Cash - Credit Card - EFT

\$114 for One Family Member

\$165 for Three Members \$145 for Two Members

\$165 for Four or more

6 Months + 1 Free month -

Introductory Special

\$684 for One Family Member \$870 for Two Members

\$990 for Three Members

\$990 for Four or more

- 1 Year + 2 Free Months -

Introductory Special

\$1740 for Two Members

\$1368 for One Family Member

\$1980 for Three Members

\$1980 for Four or more



chauth1@earthlink.net

Programs are based on 30 months of Training or to 1st Degree Black Belt

Call or email us for further information.

Unlimited Training to 1st Degree Black Belt including Testing Fees

Unlimited Training to 1st Degree Black Belt

Black Belt Programs

Familytaekwondo.com

707-838-3644

Enrollment Application

Applicant's Name:				
Parent's Name (If Mino	or):			
Mailing Address:		City	Zip	
Telephone #	# 2nd # Birthday _		thday	
Email Address: _				
Any previous Martial A style of Martial Art, what style.	rts Training? nat Belt Rank you	If yes, ploearned and are	ease indicate which you actively trainin	g in
Why do you wish to Le				
 Self Defense Physical Fitness Self Discipline Family Activity Self Confidence Idle Curiosity Other 				
Does the Applicant hav should be aware. (conf		earning limitat	ions that the Instruc	tors
Signage Flyer o	r Ad Walk l	oy Refer	ral by	
Signature		Date		

Signature - Parent or Guardian in Applicant is under 18 yrs. Old __



8465 Old Redwood Hwy Suite 230 Windsor Ca 95492 www.familytaekwondo.com E-mail: chauth1@earthlink.net

Phone: 707-838-3644

Hold Harmless/Liability Release Waiver Agreement

HAUTH'S FAMILY TAEKWONDO CENTER. By submitting my application, I certify that I am fully aware of and understand the inherent dangers in participating in activities involving Taekwondo and other Martial Arts. I am aware of the basic safety rules and procedures including but no limited to training, promotional rank testing, workshops, camps, toumaments, parades, board breaking, and other functions involving Hauth's Family Taekwondo Center which I might attend. I understand and agree that the owners, operators, instructors and students of Hauth's Family Taekwondo will not be responsible for my safety, nor will any of these before mentioned parties or individuals serve as my guardian of my safety. I understand and agree that neither the operators of Hauth's Family Taekwondo Center, its owners, instructors, or any other student, their agents or assigns, or any other individual or entity associated with Hauth's Family Taekwondo Center, may be held liable in any way for any occurrence or event in conjunction with my membership or participation in training, promotional rank testing, workshops, camps, tournaments, parades, board breaking, and other functions involving Hauth's Family Taekwondo Center which may result in injury, death or any and all damages to me or to my family, descendant, heirs or assigns. I understand and agree that in consideration of being allowed to be a student in this program, I hereby personally assume any and all risks involved in connection with same; furthermore, I release forever the aforementioned individuals and entities and any other individual or entity associated with this program for any harm, injury or damage that may occur to me or befall me while I am a student in this program, including any and all risks connected therewith, whether foreseen or unforeseen, including any risks created and/or harm caused by any negligent act (excluding gross negligence or reckless behavior) or acts of any or all of the above mentioned parties from any claim by me, my family, my estate, my heirs,
Foday's Date Signature
Today's Date Signature Student to sign if 18 years or older. Otherwise Parent or Legal Guardian
In consideration of the aforementioned activities, and as parent or legal guardian of the minor named above. I release any
claim or cause of action that I may personally have as parent or legal guardian resulting from any such injury or death to said mi-
nor.
Foday's Date Signature
Program: 10 weeks 5 weeks # of People Total \$ Start Date
Togram. To weeks Start Date
Month to Month billing statements will be provided by ASF. If you have any questions or concerns please give me a call or email me at chauthl@earthlink.net . We offer EFT programs from your checking or credit card accounts for your convenience. Monthly fees are \$114 per month for one person. Unlimited classes. Discounts apply to two or more family members. Other fees associated with Taekwondo Training include Rank Promotions, Tournaments, Camps, Workshops and Merchandise. I understand that I will contact Mr. Hauth in the event that I no longer wish to participate and be billed for my training.
Indicate Monthly Statements: Monthly Coupons EFT(Attach voided check) Credit Card
Di A (Alemen Totale Card Card Card
Today's Data Signature
Today's Date Signature

Program:					
10 weeks	5 weeks	# of People	_ Total \$		
Start Date					
cerns please give m from your checking month for one pers Other fees associate Camps, Workshops that I need to put m	ne a call or emage or credit card card card card card card mith Taekwas and Merchandry training on h	ts will be provided As ail me at chauth1@ea laccounts for your coclasses. Discounts a rondo Training includdise. I understand that old or I no longer with person please subning the contraction of the contracti	rthlink.net. We onvenience. Mor pply to two or me Rank Promotion I will contact I sh to be billed for	offer EFT prog nthly fees are some family men ons, Tournamen Mr. Hauth in the or my training.	grams §114 per mbers. nts, e event
Indicate Monthly Monthly Coupons		Γ (attach voided chec	k) Credit	Card	
			Credit		
Signature					
			Aft	er your 10 V	Veeks

Membership

The following is a link to our billing company. ASF is our open-ended Billing Company. Our students are not on a contractual basis and we chose this company to better serve our clients' needs. You should receive a monthly statement from ASF with regard to your tuition. You can mail your tuition directly to ASF and use the link below. If you have any questions, please contact me directly, either by phone or email. If there are any discrepancies with your statement, contact me directly, either by phone or email.

http://www.myasfaccount.com/

Our 7 month program offer for 7 months for the price of 6. The same applies if you pay for 12 month program you will get 2 extra months free. We also offer EFT. The Black Belt program pays for all your training until you receive your 1st Degree Black Belt and the 2nd Black Belt program includes all testing fees. If you are interested in these programs let me know. We can prorate these programs and include sparring gear.

chauth1@earthlink.net

www.familytaekwondo.com

www.kicksandpunches.com/material.html



Hauth's Family Taekwondo "We Empower People!"

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Extension () Renewal ()		In H	louse		
Student Last Name	First I	Vame			
Cosigner Last Name	First Name				
Address					
City	State				
Postal/Zip Code					
Home Phone		Work Phone			
Contract Dated					
(192) 454 Yes	Payment	Information	· · · · · · · · · · · · · · · · · · ·		
Down Payment	Amount Finar	iced	Service Charge		
\$ 0.00	\$		\$ 0.00		
Numbers Of Payments	Payment Amo		Payment Starts		
EFT Payment Authorization					
I Authorize Hauth's Family Taekwondo to deductpayments of \$ on the of every month beginning on					
Bank Account Number Bank Routing Number					
Signature					
Renewal Replacement Information					
() This Contract REPLACES According With Hauth's Family The Last Month That Hauth's Family Should Collect On the Existing Contract REPLACES According to the Existence of the	/ Taekwondo. / Taekwondo.	() This Renewal DOES NOT Affect The Existing Agreement With Hauth's Family Taekwondo. The First Payment of This Agreement is Due the Month After the Existing Agreement Has Expired.			

ATTACH VOID CHECK/CHEQUE HERE