



TAEKWONDO

Tiny Tigers Taekwondo

This instructional program, developed specifically for children ages 3-6, provides a strong foundation in basic character qualities such as respect, courtesy and discipline. The program is also designed to improve children's motor skills and enhance their ability to focus and follow instructions. Classes are taught using the safest methods available, but are also fun and exciting!

Tuesday/Thursday

Price: \$40 res, \$50 non-res

Age: 3-6

Advanced ATA Taekwondo

Students who have advanced to the rank of Canto belt and above will find this class extremely beneficial. Instructors will teach traditional forms, sparring, and board breaking. Prepare to push yourself to the next level as you work toward your Black Belt – and beyond!

Tuesday/Thursday

Price: \$40 res, \$50 non-res

Uniform: \$40 – REQUIRED

Age: 15 and up

ATA Taekwondo Basics

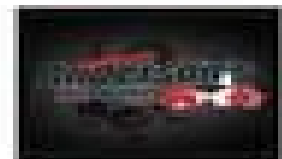
Are you new to the sport of Taekwondo? This class is the perfect introduction and could be the beginning of your journey to Black Belt. White, Orange, and Yellow belts will learn the basics and create a solid foundation in the sport.

Tuesday/Thursday

Price: \$40 res, \$50 non-res

Uniform: \$40 – REQUIRED

Age: 7-adult



Registration takes place on a **month to month** basis and payment is due at the beginning of each month.



Coralville Recreation Center

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Manual Instruction Taekwondo Ata

N Colangelo



Manual Instruction Taekwondo Ata:

Decoding **Manual Instruction Taekwondo Ata**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Manual Instruction Taekwondo Ata**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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the indicator is switched on 10 minutes beforehand so that it would stabilize

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