

NATIVITY OF OUR LORD SCHOOL TAEKWONDO PROGRAM



INDOMITABLE SPIRIT

For Boys and Girls in Grades K-8

In this program the students will gain confidence, self-respect, respect for others and self-control while strengthening their mind, body and spirit through the art of Taekwondo. Spirit Taekwondo teaches traditional and Olympic style Taekwondo that consists of large motor skills, flexibility and balance. Our main focus is based on the five tenets of Taekwondo which is courtesy, integrity, perseverance, self-control and indomitable spirit.

**Every Friday in the Nativity Large Motor Room from
2:45-3:45 p.m.**

Session 1: September 22, 29 ~ October 6, 13 & 27 Cost: (\$60.00)

Session 2: November 3, 10, 17 ~ December 1, 8 & 15 Cost: (\$75.00)

Please make payment to Spirit Tae Kwon Do

To reserve a space:

Please Email:

Ms. Agnes: agnes@istkd.com

Master Joe: joe@istkd.com



Dear Nativity of our Lord School Parents:

This form is intended to serve as a permission slip for your child to participate in the Indomitable Spirit Tae Kwon Do program at Nativity of our Lord every Friday on the following dates starting: Session 1: September 22, 29, October 6, 13, 27 (\$60.00)
Pre-order Dobak (full uniform w/ belt) \$35 –paid and ordered before start of class
\$45 – paid and ordered after class starts

Height: _____ ft. Weight _____ lbs.

Taekwondo classes will be held in the Large Motor room immediately after school. Students must be picked up promptly at 3:45 p.m. **Please check one for students K-3rd, after class my child is going to: ___ NELC ___ pick up at plaza**
by: _____

Please sign and return this permission slip ASAP to insure a space in the taekwondo program. If you have any questions please email me at agnes@istkd.com or Joe@istkd.com (Payments are non- refundable once class started)

I _____ grant permission for _____ Grade ____ Room ____
(Parent/Guardian's name – please print) (Child's Name – please print)

To participate in the Taekwondo program at Nativity of our Lord Catholic School. By signing this permission form, I warrant that my child is in good health. In consideration of my child's participation, I agree to indemnify the parish/school and the Archdiocese of St. Paul-Mpls. along with Spirit Taekwondo of any claims or lawsuits brought against the parish/school, the Archdiocese of St. Paul-Mpls. and Spirit Taekwondo, by me, my child or any other entities, that arises out of any behavior by my child at the event/activity described above.

I have instructed my child as follows:

1. Be respectful of others in the class.
2. Be respectful and follow the directions of instructor.
3. Have FUN!

Please lists any allergies your child have: _____

Is he/she has asthma? Does he have inhaler if needed? ___ Yes ___ No

As parent/guardian, I agree to all of the above state considerations and conditions.

Parents Name: _____ Date: _____

Email: _____ Signature: _____

Cellphone number: _____

Home Address: _____

EMERGENCY MEDICAL TREATMENT: In the event of an emergency, I give permission to transport my child to a hospital for emergency medical treatment. I wish to be advised prior to any further treatment by a doctor or hospital. In the event of an emergency, if you are unable to reach me at the above numbers, contact _____ Phone number: _____



Dear Nativity of our Lord School Parents:

This form is intended to serve as a permission slip for your child to participate in the Indomitable Spirit Tae Kwon Do program at Nativity of our Lord every Friday on the following dates starting: Session 2: November 3,10,17 ~ December 1, 8 & 15

Cost: (\$75.00)

Pre-order Dobak (full uniform w/ belt) \$35 –paid and ordered before start of class

\$45 – paid and ordered after class starts

Height: _____ ft. Weight _____ lbs.

Taekwondo classes will be held in the Large Motor room immediately after school.

Students must be picked up promptly at 3:45 p.m. **Please check one for students K-3rd, after class my child is going to: _____ NELC _____ pick up at plaza**

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