

2021 Spring Martial Arts Schedule

Martial Arts

Welcome to Villa Park Tang Soo Do where future Black Belt leaders are born. Master Tony Perkins, in cooperation with Eagle Academy of Martial Arts, employs his 30 + years of teaching experience to create a safe, fun and enriching experience for students of all ages. Classes are run year round: Winter, Spring, Summer and Fall!

Things to note:

- 1.) Classes now held at the Iowa Community Center (ICC), 338 N. Iowa Ave. Villa Park, IL
- 2.) Fitness Room – Max participation limit of 8 students.

****COVID Update:** I.C.C. Gym and Fitness Rooms are **upgraded with U/V light sources to reduce chances of spreading of Covid-19.** All current Covid-19 protocols will be followed for all martial arts classes.

Little Champions

Training designed for our youngest martial artists of all ranks. Through the use of soft targets, focused games and obstacle courses, students will learn the basic stances, punches, kicks and blocks used in the martial arts. In addition, they will improve their gross motor skills, balance and coordination. Emphasized throughout the lessons are the essential tenets of concentration, respect and self-control.

AGES: 4-5

\$69.00 11 CLASSES (No classes: Apr. 1)

MAE00-31 Th 5:30 - 6:15 pm - (Fitness Room) Mar 11 – May 27



Young Leaders - Level I (New and returning leaders, White through 1/2 Orange belt):

This high energy class focuses on the basic skills of kicking, punching, blocking, jumping and falling. Martial arts drills challenge students to improve their timing, balance, coordination, strength and flexibility. Emphasized throughout the lessons are the essential tenets of concentration, respect, perseverance and self-control.



AGES: 6-12

\$69.00 11 CLASSES

MAY00-32 M 6:15 - 7:00 pm - (Fitness Room) Mar 8 – May 17
MAY00-33 M 7:15 - 8:00 pm - (Gym) Mar 8 – May 17

(Note: Please register for one or the other. Fitness Rm Max: 8)

2021 Spring Martial Arts Schedule

Young Leaders - Level II (Yellow through Orange belt):

Advanced training is for returning students who have earned a yellow belt or higher rank. This fast-paced program is designed to move beyond basic skills to practical application of techniques. Classes include targeting, one-on-one self-defense skills and sparring drills. In addition to demonstrating the essential tenets of martial arts, students are also expected to perform basic techniques with greater proficiency.

AGES: 6-12

\$69.00 11 Classes

MAY01-32 M 6:15 - 7:00 pm - (Fitness Room) Mar 8 – May 17

MAY01-33 M 7:15 - 8:00 pm - (Gym) Mar 8 – May 17



(Note: Please register for one or the other. Fitness Rm Max: 8)

Intermediate/Adv. Youth (Org/Green belt & Up)

Advanced training is provided for returning students who hold the rank of 7th Gup (orange/green) through Cho-Dan Bo (Blue belt). This program focuses on rank required skills and techniques. Classes include basic and advanced kicks, punches, targeting, self-defense skills and one-on-one sparring drills. In addition to demonstrating the essential tenets of martial arts, students are also expected to perform basic techniques with greater proficiency.



AGES: 6-12 – 11 Classes (No classes Apr. 1)

\$89.00 MAY02-32 M 8:00 - 9:00 pm - (Gym – 60 min) Mar 8 – May 17

\$69.00 MAY02-33 Th 6:30 - 7:15 pm - (Fitness Room - 45 min) Mar. 11 – May 27

Adult Group

This class is open to all students age 13 and over and advanced youth with consent of the instructor. High energy classes combine dynamic kicking and punching drills, sparring and traditional weaponry as appropriate to the student's rank. Emphasis is placed on physical fitness, practical self-defense and martial arts etiquette and philosophy.



AGES: 13 and older

\$89.00 11 Classes (No classes Apr. 1)

MAA02-32 M 8:00 - 9:00 pm (Gym) Mar 8 – May 17

MAA02-33 Th 7:30 - 8:30 pm (Fitness Room) Mar 11 – May 27