



Village of South Orange Department of Recreation & Cultural Affairs
5 Mead Street, South Orange, NJ 07079
Telephone (973) 378-7754, ext. 2
www.southorange.org



TAE KWON DO FOR CHILDREN



Students learn practical self-defense while acquiring discipline, conditioning the body, gaining self-confidence and reducing stress. Every class begins with stretching and basic form, preparing the body and the mind for workout. The focus then turns to the unique style of kicking for which tae kwon do is known. Throughout the practice, students investigate the philosophical and creative applications of the physical techniques and movements. Every class emphasizes the artistic connection between the body and the mind.

Classes are taught by Tom Shaheen, an instructor from New Jersey Tae Kwon Do Chung Do Kwan in South Orange. He has experience assisting and/or leading classes at the studio as well as the department of recreation in South Orange and Livingston.

Students will be expected to wear a proper, traditional uniform. Guidelines will be provided by the teacher at the start of the session. For additional information, email tom@tkdnj.com.

Beginner White Belt Class for Ages 5-12

Mondays, 4:00-5:00 pm

April 8-June 17 (no class April 15 or May 27)

Fee: \$99 for 9 classes

Beginner White Belt Class for Ages 5-12

Wednesdays, 4:00-5:00 pm

April 24-June 19

Fee: \$99 for 9 classes

Advanced Belt Class for Ages 5-8

Mondays, 5:00-6:00 pm

April 8-June 17 (no class April 15 or May 27)

Fee: \$99 for 9 classes

Advanced Belt Class for Ages 9 and Up

Mondays, 6:00-7:00 pm

April 8-June 17 (no class April 15 or May 27)

Fee: \$99 for 9 classes

Advanced Belt Class for All Ages

Wednesdays, 5:00-6:00 pm

April 24-June 19

Fee: \$99 for 9 classes

Registration for the spring session begins March 1st at the Baird or online at

<https://secure.rec1.com/NJ/south-orange-village-township-nj/catalog>

*South Orange residents with current Recreation Membership are eligible for \$10 discount on the fee for these classes.