



2023 – 2024 TAEKWONDO PROGRAM

Description:

Our program specializes in the martial art and Olympic sport of taekwondo. Classes are offered for students and adults. Training includes cardiovascular conditioning, traditional kicking & striking, Olympic technique & movement, self-defense, confidence, self-control, strength, coordination & flexibility, and health. Classes begin Sept. 1 and end May 31.

Requirement:

- Students must enroll **by August 24**.
- Sport Physical form due **August 31, 2023**
- Last day of class is **May 15, 2023**. Classes may extend beyond May 15 depending on tournament season dates. The instructor will update you as we progress through the school year.



Tuition:

| Belts | Start Date | Monticello Student Ages 7-13 | Non-Monticello Student Ages 7-13 | Monticello Alumni and Adults ages 14+ |
|---------------|--------------|---------------------------------|-------------------------------------|--|
| White | Sept 1, 2023 | \$70.00 | \$90.00 | \$65.00 |
| Yellow/ Green | Sept 1, 2023 | \$80.00 | \$100.00 | \$75.00 |
| Blue / Red | Sept 1, 2023 | \$90.00 | \$110.00 | \$85.00 |
| Black | Sept 1, 2023 | \$100.00 | \$120.00 | \$100.00 |

Program Highlights:

- The instructor, Master Arrash Jaffarzadeh is a 5th Dan Kukkiwon black belt and a certified national and international referee with over 25 years of experience in taekwondo.
- The Monticello Academy Taekwondo program has promoted over 13 black belts
- Athletes from our program have competed in local, regional, state, national, and international tournaments.
- Several of our black belts have achieved first place at past state and national championships; most prominently, one of our black belt students achieved membership to the US Cadet Sparring Team.
- Balanced curriculum includes poomsae (forms), kyorougi (sparring), self-defense, breaking, tournament management, and martial arts philosophy.

Policy:

- White Closed V-neck Taekwondo Uniforms are required for participation.
- Intermediate and Advanced students are required to have properly fitted approved sparring equipment.
- Tuition will be billed to your monthly invoice and it is **Non-Refundable, Non-Transferable** and **Non-Prorated**.
- 30-day notice** is required for any withdrawal or changes and **must be e-mailed** to [Attendance](#) and [Master Arrash Jaffarzadeh](#). **Verbal notices are not accepted.**
- NO classes during school breaks, holidays, or school special events.**
- NO make-up** classes unless the instructor re-schedules the class.
- Students **must be at least 7 years of age** to enroll in classes.
- Parents may be asked to attend a taekwondo orientation. Details will be e-mailed by the instructor.
- The classes are for students who have been promoted through Monticello Academy, if you wish to join as a color belt or black belt rank, you must contact the instructor for permission.

Contact:

- [Director of Martial Arts and Innovation and Tech. Dept. Arrash Jaffarzadeh](#)

Schedule:

| Belt Color and Classes | Day | Ages 7-13 Times* | Ages 14+ Times* |
|-----------------------------|----------------|------------------|-----------------|
| Beginning (white belt) | Tues. & Thurs. | 4:00PM – 4:50PM | 6:00PM – 7:15PM |
| Intermediate (yellow-green) | Tues. & Thurs. | 5:00PM – 5:50PM | 6:00PM – 7:15PM |
| Advanced (blue, red, black) | Tues. & Thurs. | 6:00PM – 7:15PM | 6:00PM – 7:15PM |
| Team Practice (all ranks) | TBD | TBD | TBD |

**All TKD students are expected to show up 15 min before class to allow time for changing and preparing the training area*