



Learning Format

The TaeKwonDo Learning Format consists of three separate but equal components:

1. **Formal Class Attendance**
2. **Individual Home Practice**
3. **Private Lessons**

Formal Class Attendance

We recommend all students attend group lessons at least two times per week.

Individual Home Practice

Students should make a special area for home training and practice. Doing so can help the student stay focused on their goals and make home training a regular part of their week. We recommend two home training sessions per week. Time can vary based on age and ability. Family support can make TaeKwonDo a great bonding experience.

Private Lessons

We recommend that each student above the rank of Brown Belt periodically schedule a private lesson. This allows students and instructors the opportunity to specifically focus on the student's particular area(s) needing improvement. Blue Belt students and below may also benefit from private lessons if they need additional assistance to learn their material. Private lessons are scheduled during non-class times which enhances student focus and understanding. Private lessons can be purchased individually or in a bundle.

Students above the rank of Brown Belt will find their progress limited if they neglect to take part in all three learning methods. Neglecting home workouts will limit the amount of repetition necessary to make the movements a natural reflex response. Without individual instructor feedback, students may find themselves having an increasingly more difficult time passing their belt examinations and mastering the more challenging techniques.

GIVE YOURSELF THE EDGE!