

# Martial Arts and T'ai Chi



## 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 25 years of teaching experience to create a safe, fun and enriching experience for students of all ages. Participants will learn the dynamic punches and kicks of the Korean art of Tang Soo Do, along with the practical self-defense applications of Hapkido. Classes are designed to instill confidence, promote self-discipline and improve physical fitness and concentration of students at any ability level. Uniforms and belt ranking are optional.

**COMMUNITY RECREATION BUILDING, 320 E. WILDWOOD AVE, VILLA PARK**

### 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

<b>\$69</b>	<b>(NO CLASS 12/21, 12/28)</b>		<b>11 CLASSES</b>
MAE00-20	M	6-6:45 pm	Sep 14-Nov 23
MAE00-21	M	6-6:45 pm	Nov 30-Feb 22

### Young Leaders - Level I - New & Returning Leaders, White thru 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

<b>\$69</b>	<b>(NO CLASS 12/21, 12/28)</b>		<b>11 CLASSES</b>
MAY00-20	M	7-7:45 pm	Sep 14-Nov 23
MAY00-22	M	7-7:45 pm	Nov 30-Feb 22

### 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

<b>\$69</b>	<b>(NO CLASS 12/24, 12/31)</b>		<b>11 CLASSES</b>
MAY01-20	Th	6-6:45 pm	Sep 10-Nov 19
MAY01-21	Th	6-6:45 pm	Dec 3-Feb 25

### Intermediate/Advanced Youth - Orange/Green through Brown belt

Advanced training is provided for returning students who hold the rank of orange/green through brown 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

<b>\$69</b>	<b>(NO CLASS 12/24, 12/31)</b>		<b>11 CLASSES</b>
MAY02-20	Th	7-7:45 pm	Sep 10-Nov 19
MAY02-21	Th	7-7:45 pm	Dec 3-Feb 25

### Adult Group - All ranks

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, joint locks and escapes, 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. All lessons are tailored to student's age, experience level and physical abilities.

**AGES:** 13 and older

<b>\$89</b>	<b>(NO CLASS 12/12, 12/24, 12/28, 12/31)</b>		<b>11 CLASSES</b>
MAA02-21	M	8-9 pm	Sep 14-Nov 23
MAA02-20	Th	8-9 pm	Sep 10-Nov 19
MAA02-22	M	8-9 pm	Nov 30-Feb 22
MAA02-23	Th	8-9 pm	Dec 3-Feb 25

**CLASS SIZE IS LIMITED TO 7 PARTICIPANTS.**



### T'ai Chi Chuan & Continuing Ta'i Chi

This class will help you develop a harmony with the world on a physical, mental, emotional and ultimately, spiritual level. Practice strengthens the immune system, improves posture, balance, coordination, flexibility and strength, reduces blood pressure and stress and releases tension.

**7 CLASSES**

**IOWA COMMUNITY CENTER**

#### T'ai Chi Chuan

<b>AGES:</b> 13-59	<b>\$77</b>
<b>SENIORS:</b> 60 and older	<b>\$60</b>
FTN01-20 Tu 2-3 pm	Sep 29-Nov 10

#### Continuing Ta'i Chi

<b>AGES:</b> 13-59	<b>\$90</b>
<b>SENIORS:</b> 60 and older	<b>\$70</b>
FTN02-20 Tu 2-3:30 pm	Sep 29-Nov 10

#### T'ai Chi Sword

Through continued practice you can expect to improve posture, balance, coordination, flexibility and strength, reduce blood pressure and stress, release tension and feel positive energy flow through your body.

**7 CLASSES**

**IOWA COMMUNITY CENTER**

<b>AGES:</b> 13-59	<b>\$45</b>
<b>SENIORS:</b> 60 and older	<b>\$35</b>
FTN03-20 Tu 3:30-4 pm	Sep 29-Nov 10

### **NEW** T'ai Chi for Health - Online

This class will help you develop a harmony with the world on a physical, mental, emotional and ultimately, spiritual level. Practice strengthens the immune system, improves posture, balance, coordination, flexibility and strength, reduces blood pressure and stress and releases tension.

**AGES:** 13 and older

**\$97 16 CLASSES**

**ZOOM Platform - Zoom ID and Password will be included in your program receipt.**

<b>FTN01-520</b>	M/W 9-10 am	Nov 30-Jan 20
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<b>FTN01-521</b>	Tu/Th 11:30 am-12:30 pm	Dec 1-Jan 21
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Please see page 3 for the COVID19 pandemic mitigation guidelines.

