



WAYNE POLICE ATHLETIC LEAGUE  
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<http://www.waynepal.org>

## 2015 Fall Tae Kwon Do Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Telephone \_\_\_\_\_ Parents \_\_\_\_\_

E-Mail \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_ Date of Birth \_\_\_\_\_

Did you participate in this activity last year? Yes No

Do you have a brother or sister in this activity? Brother \_\_\_\_\_ Sister \_\_\_\_\_

\_\_\_\_\_ ***Tae Kwon Do Registration(5 yr old – Adult) \$95.00***

The above applicant is in good physical and mental condition and requests enrollment in the following activity: (Complete one form for each child)  
 Registration fee entitles a member to participate in the above checked activity for one season and use of the facility for one year from time of registration.

**FAMILY REGISTRATION - \$190.00 entitles all family members to register for the same activity, they must register at the same time.**

Parent/Guardians Responsibilities

1. Will be responsible for the care and return of all uniforms and equipment issued to the applicant, and if not returned will assume the cost of replacing.
2. Will provide transportation for participant to and from all activities, games and practices and will not leave participant unsupervised at gymnasiums.
3. Will pay a **\$10.00 late fee** if registering after the scheduled registration dates.
4. No refunds will be issued after registration has been completed. A \$5.00 fee will be assessed for all refunds.

I/We, the parents or guardians of the above named child hereby give my/our approval to his/her participation in the above checked activity. I/We assume all risks and hazards incident to such participation, including transportation to and from various activities. I/We realize there is a risk of injury to children playing/participating in PAL Activities/Sports, and I/We do hereby release, absolve, indemnify and agree to hold harmless the Wayne Police Athletic League, directors, coaches, officers, trustees, instructors, sponsors, commissioners, participants and persons transporting and/or supervising and/or coaching my/our child.

**I have received and read the Wayne PAL Code of Conduct & Ethics Policy and agree to support and abide by this policy.**

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_ Received \_\_\_\_\_

# Wayne Police Athletic League

## Tae Kwon Do

*2015 Fall Session*

*Introductory class for children 5 yr old to Adult*

*Classes are held every Friday September 18th to January 29<sup>th</sup>  
According to the school calendar*

*5:00pm-6:00pm – 5yr old to 9 yr old*

*6:00pm-7:00pm -10 yr old to Adult*

*7:00pm – 7:30pm – Black Belt and Self Defense*

*All classes are held at the PAL Building*



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### Instructor

**Dr. James Y. Kwak**

**6<sup>th</sup> Degree Black Belt, Tae Kwon Do**

**Former Korean Military Instructor in Tae Kwon Do**

**38 Years Experience**

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### Course Benefits

- Increase Self Confidence & Concentration
  - Improve Physical Conditioning & Flexibility
    - Acquire Self Defense Techniques
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### Course Contents

1. Exercise/Routines for Conditioning & Flexibility
2. Learn & Perform Tae Kwon Do Routines (Approved by World Tae Kwon Do Federation)
3. Learn & Practice Punching & Kicking Techniques
4. Learn & Practice Self Defense, Falling Techniques
5. Belt Promotion test (optional)
6. Compete in Tournaments (optional)

This is a non-school sponsored activity

