

About Master Laura

7TH DAN BLACK BELT - TAE KWON DO

Kukkiwon Certified, Ohio Director USNTF
Under the direction of Dr. Duk Gun Kwon

6TH DAN BLACK BELT - HAIDONG GUMDO

World Haidong Gumdo Federation,
Chief Master
Under the direction of Grand Master Jeong Ho Kim

5TH DAN BLACK BELT - HAPKIDO

Hapkidowon World Hapkido Headquarters
Formerly Under the direction of
the late Grand Master Kwang Sik Myung

3RD DAN BLACK BELT - GONGKWON YUSUL

International Gongkwon Yusul Association
Under the direction of Grand Master Jun Kang

Teaching:

- Self Defense
- Discipline
- Respect
- Confidence



Master
Laura
Clements

- 2012 National Forms Grand Champion
- Over 30 Years of Experience
- USNTF Instructor of the Year
- Former School Teacher
- Trains in South Korea
- CPR/First Aid Certified

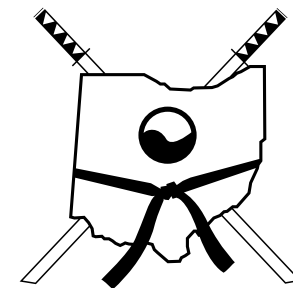
ALL BLACK BELTS CERTIFIED WITH THE
KUKKIWON (WTF), USNTF,
WORLD HAIDONG GUMDO FEDERATION,
HAPKIDOWON WORLD HAPKIDO HEADQUARTERS,
& GONGKWON YUSUL ASSOCIATION



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About the Classes

Tae Kwon Do (Ji Do Kwan Style)

This is the ancient martial art of Korea, developed over thousands of years, and is the most practiced martial art in the world. It improves self-esteem, self confidence, better concentration, respect, discipline, composure and self defense. Our training is traditional military style and non-contact. We teach control with every kick and punch. The training is in a family environment, with everyone encouraged to reach their own potential.

For Ages 6 & Up
-Taught by Master Laura



Tuesday & Thursday (Beginners)	5:30 - 6:30 pm
Tuesday & Thursday (Orange Belts & Up)	6:30 - 7:30 pm
Sunday (Color Belts and Black Belts)	2:00 - 3:00 pm

Tae Kwon Do Fees	Per Person	Family Rate
2 or more days a week	\$100 per month	\$150 per month
1 day a week	\$80 per month	\$120 per month

Sword (Haidong Gumdo Korean Sword Art)

The complete art of Korean sword training includes learning all the cuts and blocks with the sword as well as forms, sparring, and paper, fruit, bamboo & straw cutting. Students do not use real swords until they are Black Belts.

For Ages 8 & Up
-Taught by Master Laura



Monday & Friday	5:30 - 6:30 pm
Tuesday & Thursday	7:30 - 8:30 pm
Sunday (Black Belts)	4:00 - 5:00 pm

Gumdo Fees	Person	Family
2 or more days a week	\$100 per month	\$150 per month
1 day a week	\$80 per month	\$120 per month

If you are in more than one monthly activity (**Excludes Tai Chi, and Gungsul Korean Archery**), pay full price for the first class and take \$30.00 off each additional class.

Official uniforms and bowing to the flag and instructors to show respect upon entering the practice floor are requirements of our martial arts system with no exceptions.

Hapkido

This is an ancient Korean martial art used by South Korean Police. It includes kicks, throws, ground fighting, learning to fall, pressure points, joint locks and weapons. The weapons include short stick, long stick, mini-stick, and cane.



For Ages 12 & Up
-Taught by Master Laura

Monday & Wednesday	7:30 - 8:30 pm
Friday (Weapons Class)	7:30 - 8:30 pm

Hapkido Fees	Person	Family
2 or more days a week	\$100 per month	\$150 per month
1 day a week	\$80 per month	\$120 per month

Gongkwon Yusul (Traditional Korean Mixed Martial Arts)

This art is not like American MMA but a blend of the traditional Korean Martial Arts of Yudo (Judo), Korean Kickboxing, and Hapkido. Some refer to it as Korean Jujitsu, or Korean Mixed Martial Arts. The focus is self-defense and not competition.



For Ages 8 & Up
-Taught by Master Laura

Monday, Wednesday, & Friday	6:30 - 7:30 pm
Sunday (Higher Ranks)	3:00 - 4:00 pm

Gongkwon Yusul Fees	Person	Family
2 or more days a week	\$100 per month	\$150 per month
1 day a week	\$80 per month	\$120 per month

Tai Chi (Yang Style)

Tai Chi Chuan or Tai Chi is an ancient non-combative form of martial arts which originated in China. It consists of a series of slow flowing movements and is used for physical, as well as mental health.

For Ages 13 & Up
-Taught by Sensei Wayne Melton,

Over 35 Years of Experience
5th Degree Black Belt, Karate
3rd Degree Black Belt, Tai Chi
3rd Degree Black Belt, Haidong Gumdo
Black Belt Hall of Fame Member

Monday	6:30 - 8:00 pm
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Tai Chi Fees	Person
8 week session	\$75.00