

# Tae Kwon Do

The feature of Tae Kwon Do is its distinctive and intense kicking, combined with quick hand movements and fluid body motions. With regular practice, it enhances physical fitness, flexibility, and cardiovascular-respiratory endurance. The martial art aims to strengthen both the physical and mental well-being. With its balance of hard work and discipline, along with the rewards of personal achievement, it develops confident, well-balanced individuals.

The tenets are the foundation on which Tae Kwon Do is built. Every aspect of Tae Kwon Do aims to help individuals become better people, physically and mental, both personally and in their communities.

Tae Kwon Do aims to achieve:

- Courtesy - to be polite and kind
- Integrity - to know the difference between right and wrong and be honest with yourself
- Self Control - to control your temper in life and training, and to not misuse Tae Kwon Do
- Perseverance - the spirit to never give up on reaching your goals
- Indomitable Spirit - to show courage even in the face of overwhelming odds

Benson Community Education is offering TKD with Master Marc Nokleby. Classes are held two days a week, Tuesdays and Thursdays at Northside Elementary. There are two class time options: 5:30-6:30 p.m. OR 6:30-7:30 p.m.

Cost is \$35 a month. Classes will begin on September 5th and run through May 23rd.

Class is for ages 6 years old through adult! There are a variety of belt levels participating, from beginner through black belts.

Register online: [benison.k12.mn.us](http://benison.k12.mn.us) ; select Class Registration ; Community Education ; Youth Enrichment.

