

## children's curriculum

Martial Arts is good, clean fun for kids and a great way to give them a head start in life. Our primary focus is to teach children "life skills." Because a structure of respect, courtesy and honesty is built into Kuk Sool, children develop the ability to listen, learn and achieve within a highly regulated environment.

At Kuk Sool Won's Tiny Tigers program, children learn the positive benefits of self-discipline, honesty, listening skills, integrity, and much, much more. The classes combine the fun and excitement of Martial Arts training with weekly life lessons designed to strengthen our children mentally and physically. Etiquette is integral to Kuk Sool Won, meaning children achieve great things in a safe environment that reinforces the behaviors that you teach them at home.



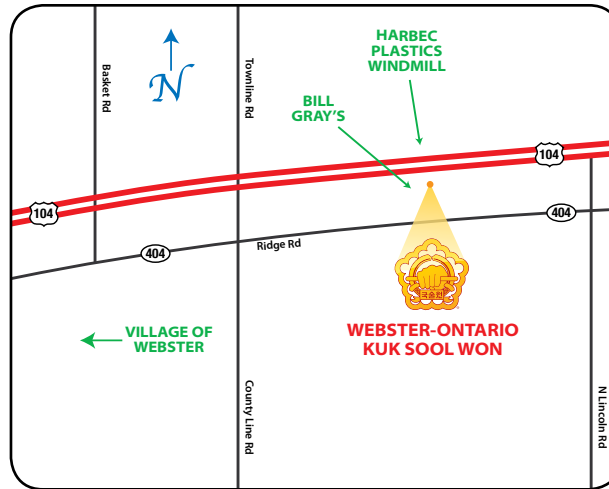
Kuk Sool is a highly supervised activity, taught by qualified black belt instructors. Our children's curriculum has been specifically designed to ensure kids as young as 4 years old can successfully learn to perform all the moves necessary to excel. Most importantly, kids have fun practicing martial arts and look forward to each and every class.

Teaching children basic traits like goal setting, motivation, and self esteem at a young age can have a massive impact on what that child accomplishes in later life. A healthy life starts with Kuk Sool Won!

## visit us today!

Call us or stop by any of our three area schools to observe a class or to speak with one of our children's instructors. We welcome the chance to learn what your child's goals are, and are here to discuss any way that we can help.

## webster-ontario location



## contact information

- ▶ **Webster-Ontario** (Area Headquarters)  
396 Route 104, Ontario, NY, 14519  
PHONE: (585) 216-2122
- ▶ **Williamson**  
4081 West Main Street, Williamson, NY, 14589  
PHONE: (315) 589-4066
- ▶ **Wolcott**  
11807 West Main Street, Wolcott, NY, 14590  
PHONE: (315) 594-8991

For news, updates, a schedule of classes and detailed information about Kuk Sool Won, visit our web site at:

[www.KUKSOOLNY.com](http://www.KUKSOOLNY.com)



# Kuk Sool Won™

TRADITIONAL KOREAN MARTIAL ARTS

## TINY TIGERS & LITTLE DRAGONS PROGRAM FOR CHILDREN AGES 4-8



## ONE WEEK TRIAL PROGRAM WITH A FREE UNIFORM ONLY \$20

[www.KUKSOOLNY.com](http://www.KUKSOOLNY.com)

# 5 benefits of martial arts training for young children

## confidence

Young children can accomplish much more than you might realize. Kuk Sool teaches kids that everything you need for success is already inside you. Martial arts brings out the best in kids, builds self-esteem and a sense of accomplishment.

## awareness

Your children will encounter many situations as they go through life. Kuk Sool heightens the awareness of their surroundings, and of people nearby. Kids will learn to live without fear, and to master the possible confrontations in their everyday life.

## class information & registration

Kuk Sool Tiny Tiger and Little Dragon sessions run for three months, during which your child will learn important life skills and the basics of martial arts, including etiquette, concentration, aerobics and team building. Tiny Tigers and Little Dragons meet twice per week on Mondays and Wednesdays. The cost for classes is \$60 per month, or \$150 for a three month session (a 17% discount). All prices include a one-time free uniform and belt, valued at \$40 (new students only). Monthly billing options are also available. Generous discounts are available for multiple children who enroll in the quarterly sessions — talk to an instructor for details.

To register for any session, cut off the panel to the right and fill out all requested information. Mail or drop this completed form along with the appropriate fees to:  
Kuk Sool Won, 396 Route 104, Ontario, NY, 14519.

### TINY TIGERS (BEGINNER KIDS)

MONDAY & WEDNESDAY  
4:30 PM – 5:00 PM

\$150/session or \$60/month



### LITTLE DRAGONS (INTERMEDIATE KIDS)

MONDAY & WEDNESDAY  
5:00 PM – 5:30 PM

\$150/session or \$60/month



## respect

Respect for others comes from respect for yourself. Kuk Sool is a way of life that teaches young children to honor that which is right and good, beginning with their own body and mind. Kids will find relationships with their parents, family, teachers and friends will become better than they have ever imagined.

## fitness

As kids grow and develop, their bodies require specific training to increase strength, flexibility and endurance. Kuk Sool energizes young bodies through rigorous mental and physical discipline, allowing children to reach their full potential.

## concentration

Personal power comes from more than just the body. Kuk Sool teaches kids to focus the energy of their mind and spirit as well, allowing them to achieve more than you ever dreamed possible—in school, in sports, and in life.

## Registration Form

### Kuk Sool Won of Webster-Ontario Tiny Tigers and Little Dragons Program

I am enrolling my child in:

- Tiny Tigers Classes** (Beginners)  
 **Little Dragons Classes** (Intermediate Students)

Check which session you wish to enroll your child in:

- Winter Session:** January–March  
 **Spring Session:** April–June  
 **Summer Session:** July–September  
 **Fall Session:** October–December

Amount Enclosed: \_\_\_\_\_

Child's Name: \_\_\_\_\_

Child's Age: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Alternate Phone: \_\_\_\_\_

Parents' Names: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Please use one form per child. Kuk Sool Won grants you the right to make copies of this form for additional children. ©2013 Kuk Sool Won of Webster.