



## Stellar Martial Arts Where Every Child is a Star

*Stellar: Having the quality of a star performer; of, relating to, or consisting of stars; Outstanding*

Stellar Martial Arts classes are about self discovery. We use traditional Tae Kwon Do as our foundation but branch out in many directions to instill respect, responsibility, self discipline and confidence. Our classes focus on coordination, agility, strength and self control in a positive and controlled environment. Come join us in a journey of self discovery for your inner star ....

Tots classes are for children 6 and under: - 45 minutes

For these classes we focus on fun while working on coordination in a very child friendly setting. The curriculum includes stretching, kicks, punches, and blocks.

Tuesday – 10:00 & 4:30 Thursday – 4:30

Children classes are for children 6 – 14: 1 hour

This class works on coordination, agility and strength and begins to emphasis self control and goal setting. The curriculum includes stretching, kicks, punches and blocks. Self defense and movement combinations are introduced and advanced in accordance with skill level.

Monday – 6:00 Wednesday – 6:00

Adult classes: This class works more on agility, strength, self preservation and self control. The curriculum includes stretching, kicks, punches, blocks, self defense and movement combinations are introduced and advanced in accordance with skill levels.

Monday – 7:15-8:15 Wednesday - 7:15-8:15

Mixed Ages- Students enrolled in both Children and Adult classes are welcomed to join us for this Saturday morning class. Curriculum includes stretching, kicks, punches, blocks. Self Defense and movement combinations will be touched upon in accordance with age/skill levels.

Saturday – 10:00-11:00

Open Sessions: This time is dedicated for both children and adult to come and practice skills.

Tuesday – 6:30-8:00 Thursday – 6:00-7:30