



Than-Phong Taekwondo Institute

22766 Cypresswood Dr., Spring, TX 77373; Phone: 281-443-1015; 713-240-6088
Email: thanphongkingwood@yahoo.com; Website: www.thanphongtaekwondo.com

AFTER SCHOOL TAEKWONDO PROGRAM

School Pick Up

We pick up students at their school daily and take them to the Taekwondo dojo. Students have 15-30 minutes to rest, snack (students bring their own snack), do homework, and change into their uniform. We tutor and assist them with their homework as necessary.

Taekwondo Training

Students participate in a full Taekwondo class for 1-1.5 hours each day.

Benefits for Students

- Develop Physical and Mental Fitness
- Improve Self-Esteem, Confidence, Behavior, Manners, and Respect
- Learn Self-Discipline, Self-Defense, Coordination, Concentration, and Focus
- Learn Goal-Setting Skills, Leadership Skills, and Study Skills
- Learn Taekwondo from a 7-Degree Black Belt Master with 40 years of teaching experience and 60 years of practicing Martial Arts, and a former Spring ISD Teacher.

Your Cost

\$65.00 per week for each child.

You may be spending the same amount each week to keep your children in a daycare. However, at Than-Phong Taekwondo Institute, you are INVESTING that money for your children's development and future, and your children receive ALL the benefits listed above.

Contact Information

For enrollment and more details, please contact:

- School: 281-443-1015
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THAN-PHONG TAEKWONDO INSTITUTE

IT'S NOT JUST AN ART; IT'S A WAY OF LIFE!