

ELEMENTAL TAEKWONDO

Frequently Asked Questions

Class Information

What classes do you offer?

Our curriculum is based around World Taekwondo style Taekwondo as organized by the Kukkiwon Organization, the largest Taekwondo organization in the world and the Olympic seat for Taekwondo.

Aside from Taekwondo, we teach the basics of Hapkido, boxing, grappling, and practical self-defense for real-life threats.

Who do you offer classes to?

We currently offer classes to 4 and above. Have a young child? Bring them in! Retired and trying to stay active? We can't wait to meet you. Have any type of physical or mental impairment? We would be honored to train alongside you.

What do I wear during class?

A traditional Taekwondo uniform (called a "dobok") is the standard clothing for practice in class. If a student forgets their uniform or belt, they are welcome to still attend class as long as they are wearing loose fitting clothing that is modest and won't restrict their ability to train.

Do I need experience?

Absolutely not. Our classes are designed to train the brand new as well as the seasoned martial artists.

Am I/is my child too young?

As a general rule, our youngest students in the standard class are 7 years old. This is to ensure that classes can be run without any students getting lost the more intricate concepts of training.

If you have a child who is between 4-7 and is capable of following simple commands, then talk to us about our Little Dragons program!

Am I too old?

No way! Some of the best martial artists are well into their 70's and 80's—and still going strong! Taekwondo is an excellent way to stay healthy and fit when fighting the effects of aging. The bodyweight exercises experienced in class will help keep bones, ligaments and muscles strong and limber, keeping you kicking for decades to come!

I have certain health conditions... will this be too taxing on my body?

Our classes are designed to be as light or as rigorous as you can handle. Each student can push themselves to whatever effort they are comfortable giving with the assurance that our instructors will keep them safe and on the path to improved health and wellness.

I'm not very coordinated... will I be able to do anything?

Of course. Through your Taekwondo training, you will find that your coordination, flexibility, and strength will positively (and often times rapidly) increase!

I'm not good at physical things... would I enjoy Taekwondo?

There is no starting bar for physical aptitude. We want you just as you are. The only requirement is to keep trying and improving. Our goal—our passion—is to help you to become an improved version of yourself. If you can understand basic commands and have a desire to learn and grow physically, mentally, emotionally, and maybe even spiritually, then this is the place for you.

Do you teach weapons?

Although advanced belts have the opportunity to train with weapons as part of an elective, there is no official weapons training in the curriculum. Occasionally we do hold weapons seminars for learning specific weapons, such as bo staff, nunchaku, and escrima stick.

How do you keep me/my child safe in class?

As with any physical sport, Taekwondo has the risk of leaving bruises and bumps. That being said, our instructors have over 15 years of teaching experience working with students of all ages to keep them safe from harm. Any time physical contact is made in class it is in a controlled environment with necessary padding to ensure the safety of all students.

Will training in Taekwondo increase aggression?

On the contrary. Numerous studies have been done on aggressive tendencies in both children and adults in martial arts, and the vast majority concluded that traditional martial arts such as Taekwondo actually reduced negative traits such as aggression, shyness, and bullying tendencies. Results also concluded that the same practitioners found themselves with higher confidence, drive, and mental cognizance.

Can I try out a class to see if I like it?

Absolutely. We would love the opportunity to train with you and give you a genuine Taekwondo training experience.

Pricing

How much do you charge?

Our normal rate for kids and adults is \$65 per month for 2 classes per week. That is roughly \$7 per class. The Little Dragons class for young children ages 4-7 years old is \$35 per month for 1 class per week.

Can we pay on a class-by-class basis?

As constant practice and instruction are necessary to gain the most benefit out of your TKD training, paying per class is discouraged.

How do we pay and what methods of payment do you accept?

For monthly tuition, we go through the subscription system that Elite Studios uses. You will need to get an account with them to make payments. For any other costs, such as equipment and testing fees, you

can pay Master Starks directly. We currently accept cash, check, credit card, and PayPal. You can also request an invoice.

How much are uniforms?

The cost for a standard student uniform is waived after paying for your first month's tuition. Additional uniforms can be purchased for \$30.

How much do belt tests cost?

Color belt tests are held every 3 months and cost \$35 per student.

How much do black belt tests cost?

1st – 3rd degree black belt tests cost \$350. This covers the cost of the custom embroidered black belt's uniform and belt, boards to be broken, instructor travel costs, and the world recognized Kukkiwon organization certification fees. Higher degrees of black belt have tiered pricing. Consult directly with Master Starks for more information.