



## About South Miami Taekwondo:

**What We Do:** We practice martial arts for the purpose of refining, improving and maintaining ourselves as human beings. The physical techniques we practice are catalysts for learning the virtues of respect, discipline, focus, courage, benevolence, patience and courtesy - to name but a few.

**Styles:** We offer formal training in Taekwondo and Aikido. We also practice Tai Chi weekly on Saturday mornings.

**Self-Defense:** At South Miami Taekwondo, martial arts are less about fighting others and more about fighting our own self-imposed limitations. However, martial arts and self-defense are somewhat of a shotgun wedding. We incorporate no-nonsense self defense classes into our curriculum regularly, which discourage "winning a bar fight" type combat and encourage conflict resolution, psychological de-escalation, and immediate escape from seriously threatening situations. We learn to understand the mind of violent criminals and how best to deal with them if we absolutely have to. We believe that ultimately, developing and maintaining a warrior's humble but indomitable spirit is the best self-defense - be it against a violent criminal, a shark, or a final exam!

**Fitness:** We believe in overall health of the whole person. This means mind, body and spirit, which are inseparable until death. While we do not claim to be a fitness-oriented organization, more times than not we crawl out the door soaked in sweat with smiles on our faces. Improved health is pretty much unavoidable.

**Instructors:** As of 2008, Master Jeff Wade, the head instructor of our organization, is a certified 6th degree black belt master instructor in the art of Taekwondo. He is also a black belt in the art of Aikido and holds an Senior Instructor's degree in that art as well. Master Jeff also has extensive experience in Tai Chi Chuan and many other martial arts as well as a Master's Degree in Education from Belmont University in Nashville Tennessee. We have many black belts and masters in the school as well as color belt instructors. All instructors regardless of rank are required to pass a rigorous instructor's certification program, which includes a background check and 1st Aid training. Our Instructors' bios are proudly displayed in the front of the dojo.

**Beginner Classes:** Every class is a beginner's class for all ages. As students rise in rank and become senior belts, they take on more and more responsibility for the welfare of the beginners and junior belts, regardless of age. This benefits both senior belts, who learn and practice benevolence and responsibility, as well as the junior belts, who learn to appreciate and respect their senior belts. The beginner has as many instructors and assistants in a class as there are color belts on the mat. Of course, the earlier classes usually end up with more kids and the later classes more adults. But any member may attend class at any time and be assured of a thoroughly educational experience.

**Cost / Contracts / Etc:** *Prices, of course, are always subject to change without notice.* Tuition is \$139 per month with a \$100 annual registration fee (due every September 1st). No contracts or obligations. For your tuition, you get full access to any class at the dojo any time it's open. Since we do not limit the number of classes you can attend, we do not prorate weeks or days during vacations, holidays or any other time. However, if you will be gone for an entire month, we can put your account on dormant until you return. Promotion tests under black belt are \$40. We provide all your gear until you reach the rank of green belt. At that point, we offer a sparring gear package for \$60, but you may obtain gear wherever you like as long as it fits our requirements. Mouthpieces are provided along with a uniform whenever you register or renew. They are required for sparring practice and may be charged to your account (\$2) if you lose the one we gave you.

**More Information:** On the web at [SouthMiamiTKD.com](http://SouthMiamiTKD.com) or call us at 305-265-7404.




**SOUTH MIAMI  
TAEKWONDO**  
 WEEKLY CLASS SCHEDULE

South Miami TKD  
 4542 SW 75 Ave  
 Miami, FL 33155  
 888-585-KICK  
 SouthMiamiTKD.com

TKD=Taekwondo    AKD=Aikido    \*=Adults Only    MAP=Martial Arts Puzzles

	MON	TUES	WED	THURS	FRI	SAT	SUN
9 am					<b>No classes today.</b>	*Tai Chi	<b>No classes today.</b>
10 am						MAP	
11 am						TKD	
12 pm							
1 pm							
2 pm							
3 pm		Lil' Dragons		Lil' Dragons			
4 pm	TKD	TKD	TKD	TKD			
5 pm	TKD	TKD	TKD	TKD			
6 pm	TKD	TKD	TKD	TKD			
7 pm	TKD	TKD	TKD	TKD			
8 pm	AIKIDO	TKD	AIKIDO	AIKIDO			
9 pm	*AIKIDO	*TKD	*AIKIDO	*AIKIDO			

Tuition: \$139.00/month for access to ALL classes - Taekwondo, Aikido, & Tai Chi  
 Annual Registration Fee: \$100.00 - includes a new uniform and mouthpiece  
**PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE!**