

# TAE KWON DO CLUB

Autumn 2009

UNIVERSITY OF WASHINGTON, DEPARTMENT OF RECREATIONAL SPORTS PROGRAMS

The mission of the Tae Kwon Do Club at the UW is to promote the Olympic Sport and the martial art of Tae Kwon Do. Tae means "foot" or "to strike with the feet." Kwon means "hand" or "to strike with the hand." Do, translates to "discipline," "art," or "way." Therefore, Tae Kwon Do literally means "the art of the feet and hands" or "the art of kicking and punching." The philosophy behind Tae Kwon Do stands for honesty, justice, respect, loyalty and courtesy towards ourselves and others. In training, we build strong bodies, strong minds and strong spirits to be humble and gentle. Through Tae Kwon Do, we can express our character and represent our personality.

## CLUB MEMBERSHIP

All currently enrolled UW students (Seattle campus) and faculty/staff IMA members may join the club. Faculty/staff may purchase their IMA Membership at the IMA Member Services Desk during operation hours.

*UW extension, branch campus students, students of the ASUW experimental college, UW alumni, and the general public are not eligible to participate in the Club Sports program.*

## SPORTS SKILLS CLASS

**Beginning Tae Kwon Do: October 13 – November 19**

**Tues/Thurs:** 6:30 - 7:30 pm

**Price:** \$35.00

Register in-person at the IMA Programs Office. Please visit the IMA Homepage for additional information about Sports Skills Classes.

## MEMBERSHIP WAIVER CARD

All participants must complete a membership/waiver card prior to club participation. Membership/waiver cards are available from the club president at practice or at the Programs Office, located on the 3<sup>rd</sup> floor of the IMA.

## CLUB PRACTICES:

**Dates:** October 1 – December 10

**Days:** Tuesday & Thursday

**Time:** 7:00 pm - 9:00 pm

**Location:** IMA Mat Room B

## INSURANCE

The Department of Recreational Sports Programs strongly recommends that all Club Sport members have adequate accident/medical insurance coverage. Each Club Sport member is responsible for arranging their own coverage. Brochures for Accidental and Sickness Insurance for registered University of Washington Students are available in the Programs Office, located on the 3rd floor of the IMA.

## FOR MORE INFORMATION

### Club Representative:

Joon Hyuk Yang: [yjoonh@uw.edu](mailto:yjoonh@uw.edu)

### Club Email:

[tkdclub@uw.edu](mailto:tkdclub@uw.edu)

### Club Website:

<http://students.washington.edu/tkdclub>

### Club Sports Coordinator:

Katie Beth  
206-543-9499  
[kbeth6@uw.edu](mailto:kbeth6@uw.edu)

### IMA Homepage:

<http://depts.washington.edu/ima>