



RAHN'S Black Belt Academy

CREATING CONFIDENCE & CREATING LEADERS



Buddy Pass 2020

Can anyone learn Taekwondo?

We train our students to the best of their ability. Some students come to us in shape, while others have come to us 100 pounds overweight. Most come to us with limited flexibility. Adults start at any age, as we have had some adults who started as late as age 67, and have still earned their black belts. As a student, you are looked upon as an individual, never compared to anyone else. Our instructors will be there every step of the way. All that is expected is a willingness to do your best.

How old does a child have to be to enroll?

You can enroll your child at 4 years of age. The ATA Tigers Taekwondo program was developed specifically for preschool age children. This program offers a strong foundation in essential character qualities such as respect, self-confidence, courtesy, and self-discipline. In addition, the program is designed to improve children's motor skills and enhance their ability to listen, pay attention and follow directions. All classes are taught using the most safe, fun and exciting instruction methods available for this age group.

What are the benefits of learning Taekwondo?

Training in Taekwondo includes building physical and mental fitness. As you progress in Taekwondo, you will learn to coordinate speed and power, and develop a concentration to focus all of your body's strength into a small, hard striking surface like the edge of the hand or the heel of a foot. Speed and power developed through Taekwondo can be used when self-defence is needed. It is also a way to develop your self confidence. You build a sense of discipline and self-confidence that can carry over to all aspects of your life.

How do I get started?

Parents: We encourage you to come and watch!

Call 604-532-0172 for more details.

The Staff of Rahn's Black Belt Academy
Aldergrove & Langley,

[facebook.com/RahnsBBA](https://www.facebook.com/RahnsBBA)

RahnsBBA@gmail.com

FREE
2 WEEK TRIAL!
Call for details!

Please bring this form to the academy when you attend your buddies class, Thank you!

Guest's Name _____ Phone _____

Address _____

E-mail _____

If a Child: Mom (name) _____ Dad (name) _____

Yes, my child, has permission to participate in Rahn's Black Belt Academy Taekwondo Buddy Day class. In consideration for my/their attendance and participation in the martial arts training offered by Rahn's Black Belt Academy, I, the student/parent, acknowledge the existence of certain inherent risks in this type of training and hereby agree to assume all risks. I further relieve the school, it's management, assigned staff and fellow students from any liability resulting from loss, whether personal belongings or bodily injury. I also hereby state that, myself or my child is physically fit to take the prescribed course of instruction and do so of my own free will.

Yes I am interested in a Free 2 Week Trial

RBBA Students Name:

Reward Rec:

Parent's Signature _____

Guests Signature _____

Cost \$0.00