

Tae Kwon Do with Master Mike Marienthal

Tae Kwon Do is the Korean Martial Art of hand and foot fighting. It is an excellent form of self-defense that incorporates executing the correct techniques, both physical and mental discipline, respect for all people and emotional control. Tae Kwon Do is great exercise for off-season training for any sport. We must instill in our children the benefits of physical activity as well as keeping their minds active. I place great emphasis on explaining to my students the consequences of abusing what they learn. However, it is also very important that they have an enjoyable experience. We also have many parents who study right alongside their children as we are very family oriented at Master Mike's Tae Kwon Do.

Shaarey Tefilla

Address: 3085 West 116th Street
Carmel, IN 46032
Contact Number: (317) 507-0850

<u>DAYS:</u>	<u>TIMES:</u>
Monday: All Levels	6:10 p.m. to 7:10 p.m.
Wednesday: All Levels	6:10 p.m. to 7:10 p.m.

The Rec Room

Address: 9344 Castlegate Dr.
Indianapolis, IN 46256
Contact Number: (317) 507-0850

<u>DAYS:</u>	<u>TIMES:</u>
Tuesday: All Levels	6:30 p.m. to 7:30 p.m.
Thursday: All Levels	6:30 p.m. to 7:30 p.m.
Saturday: All Levels	9:30 a.m. to 10:30 a.m.
Advanced	10:30 a.m. to 11:00 a.m.

Additional Information:

- Tuition is purchased on a four-week basis and students can attend classes at either Shaarey Tefilla or The Rec Room. The cost per student is \$50 per month. No contracts required.
- Uniforms are not required, but can be purchased for \$35. Otherwise, wear loose clothing.
- Periodically, there will be a promotion test where students hope to advance to the next belt level. The testing fee is \$40 and covers the cost of the new belt and board for the required breaking technique. More advanced belts require higher testing fees.
- New students are accepted at any time. I have been teaching for over 40 years and therefore, have the ability to start a new student in any class.
- I also have classes available for children through several Washington Township after school programs, the Hasten Hebrew Academy and at the Jewish Community Center.

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