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, students of the ASUW experimental college, UW alumni, and the general public are not eligible to participate in the Club Sports program. Branch campus students are eligible with IMA membership.

SPORTS SKILLS CLASS
Beginning Tae Kwon Do

<table>
<thead>
<tr>
<th>Dates</th>
<th>Fall/Winter/Spring Quarters</th>
</tr>
</thead>
<tbody>
<tr>
<td>Days</td>
<td>Tuesday &amp; Thursday</td>
</tr>
<tr>
<td>Time</td>
<td>6:30 pm - 8:30 pm</td>
</tr>
<tr>
<td>Location</td>
<td>IMA Mat Room B</td>
</tr>
</tbody>
</table>

Price: $55.25

Register online or in-person at the IMA Programs Office at the beginning of each quarter. Please visit the IMA Website for additional information about Sports Skills Classes.

MEMBERSHIP WAIVER CARD
All participants must complete a membership/waiver prior to club participation. Club Sports waivers can be completed online, at the IMA website, under course registration.

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. For information on the University of Washington’s Student Health Insurance Plans:

http://depts.washington.edu/ovpsl/insurance/index.shtml

FOR MORE INFORMATION
Club Representative: Celina Hipolito: celin@uw.edu
Gavin Ray: mrgavinray@hotmail.com

Club Email: tkdclub@uw.edu

Club Website: http://students.washington.edu/tkdclub

Club Sports Coordinator: Chris Delaune 206-543-9499
delaune@uw.edu

IMA Homepage: http://depts.washington.edu/ima