



# SOO BAHK DO

## (Korean Karate)



### Soo Bahk Do (Korean Karate) Classes

Soo Bahk Do (Tang Soo Do) is a classical Korean martial art which consists of explosive kicking techniques and dynamic hand strikes. In practicing Soo Bahk Do we strive to build harmony of mind and body. We seek not only to prepare students for physical defense but to build character. Our program stresses scholarship, leadership and a unique philosophy that improves success in family, school and work. Self-confidence, respect for elders, attention to detail, honesty, courage, concentration and humility are developed through training. Soo Bahk Do is not a sport. Students learn and progress at their own pace. Our program will get you into shape, tone muscles, reduce stress, improve your health and teach you many ways to deal more successfully with others. You will use your mind, your body and your spirit. You will accomplish things you never thought possible. The Spotsylvania Parks and Recreation Department offers evening classes monthly throughout the year. The classes, for children ages 6 through adult, are held at the **Marshall Center (8800 Courthouse Road, Spotsylvania, VA. 22551)**. Classes are provided by Fredericksburg Soo Bahk Do, LLC, head instructor Mrs. Marti Wilson, a Black Belt instructor certified by the U.S. Soo Bahk Do Moo Duk Kwan Federation.

**When to Register** – Registration is accepted during a three (3) week period prior to each session, followed by one (1) week of late registration (space permitting). The registration deadline is the Friday one (1) week prior to each session start date. Late registration is accepted **NO LATER than 12:00 P.M., on Tuesday, the first week of classes.** with a \$10 late fee, if space permits.

 **ON – LINE REGISTRATION NOW AVAILABLE!** At [www.spotsylvania.va.us/parksandrec](http://www.spotsylvania.va.us/parksandrec)  
(Household waiver must be completed and on file with the Parks & Recreation Department Office prior to registering on line.)  
**(Note: Family Discount NOT AVAILABLE when registering On Line)**

**Levels/Requirements** – Children must turn the specified age before the classes begin. All students must start in the Beginner class. Students must complete all established physical and academic advancement requirements to progress from Beginner level to Intermediate and Advanced level classes.

Session I January 2 – 31, 2023 (No Class January 16, 2023)								
Class Level	Activity #	Ages	Days	Time	Cty Fee	Non-Cty Fee	Family * Discount	Max. Students
Beginner (White & Green Belt)	361307- 55	6 & up	Mon/ Wed	6:00-7:00pm	\$50	\$60	\$5	20
Intermediate/Adv. Red Belts/Dan	361307- 56	6 & up	Mon/ Wed	7:00-8:00pm	\$50	\$60	\$5	20
Beginner ( White & Green Belt)	361307- 57	6 & up	Tues./Thurs.	6:00-7:00pm	\$50	\$60	\$5	20
Intermediate/Adv. Red Belts/Dan	361307- 58	6 & up	Tues./Thurs.	7:00-8:00pm	\$50	\$60	\$5	20

**Register: December 5 - 23, 2022 for these classes.**

\* If more than one person in family registers, take this amount off each fee after the first one.

**What to Wear** - Participants should wear long sweat pants and lightweight shirts. Shoes are not worn during class. All jewelry should be removed. Uniforms are available from the instructor, but are not mandatory for the first six (6) weeks.

**Registration** - To register, complete the attached form and return it along with the fee to the Parks and Recreation Department. **We cannot register children under 18 years old until a birth certificate is submitted.** Classes are filled on a first-come, first-served basis. Make checks payable to "Treasurer, Spotsylvania County." There is a \$50 service charge on all returned checks. Optional advancement testing for students is offered at an additional cost after each session at the instructor's discretion. **You will NOT receive a phone call from the Parks and Recreation Department to confirm your class. Please remember to go to class. 2.75% NON-REFUNDABLE CONVENIENCE FEE CHARGED ON ALL CREDIT/DEBIT CARD TRANSACTIONS. \$10 Late Fee applied to all registrations received after the posted deadline.**

**Withdrawals** - Those wishing to withdraw from the program must do so by contacting the Spotsylvania Parks and Recreation Department by the registration deadline (Friday one week prior to session start date). Individuals should follow up their verbal cancellation request with a written refund request. A 20% administrative fee will be charged on all refunds. Failure to attend the class does not constitute a proper withdrawal, and the participant will not receive a refund. No refunds will be issued to individuals who contact the department after the registration deadline.

**Safety is Always Our Concern** - If any safety rules are broken during the class, you may be dismissed from class for that night only. Safety violators will be given one warning. If there is a second offense, they will be dismissed from the program.



SPOTSYLVANIA PARKS AND RECREATION DEPARTMENT

SOO BAHK DO (Korean Karate)



ON - LINE REGISTRATION NOW AVAILABLE! at www.Spotsylvania.va.us/parksandrec

REGISTRATION FORM

PLEASE USE A SEPARATE FORM FOR EACH PARTICIPANT.

Participant's Name \_\_\_\_\_

Complete Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Age (if under 18) \_\_\_\_\_ Birthdate (if under 18) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Emergency Phone \_\_\_\_\_

\*\*A birth certificate must accompany this form if not already on file (for children under 18 yrs).

Does the participant have any medical conditions, injuries or allergies the instructor should be aware of? Yes or No \_\_\_\_\_ If yes, describe: \_\_\_\_\_

Class Choice:

Session Dates \_\_\_\_\_

Class Level (ex: Beginner) \_\_\_\_\_ Activity # (ex: 11101-01) \_\_\_\_\_

Day(s) (ex. Mon/Wed) \_\_\_\_\_ Time \_\_\_\_\_

Fee Paid \_\_\_\_\_ Is there a family member registering for this session? Yes No

If so, please list name of family member(s) \_\_\_\_\_

Release of Claims (Parent or Guardian must sign for those under age 18): I, the undersigned, do agree to indemnify and hold harmless Spotsylvania County, and the officers, employees and agents thereof, and Spotsylvania County school authorities, from any and all claims or liability, including attorney's fees and costs for any personal injury or other damage suffered as a result of participating in the Soo Bahk Do (Korean Karate) Program. I understand that if I withdraw from the program, I must do so by contacting the Spotsylvania Parks and Recreation Department by the registration deadline. I must follow up my verbal cancellation request with a written refund request. A 20% administrative fee will be charged on all refunds. I understand that if I withdraw from the program for any reason after the registration deadline, no refund will be available.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Checks should be made payable to "Treasurer, Spotsylvania County."

Spotsylvania Parks & Recreation 507-PLAY (7529)
Loriella Park, P.O. Box 28
Spotsylvania, VA 22553

Office Use Only:
Class fee: \_\_\_\_\_
Discount: \_\_\_\_\_
Total Paid: \_\_\_\_\_

COVID-19 AGREEMENT (PLEASE READ CAREFULLY AND INITIAL):

Activities will resume under guidance from the Commonwealth of Virginia and Spotsylvania County officials. Please note that classes, programs, facility rentals, special events and sports may be delayed, postponed, or cancelled if at any time new guidance is issued at the state or local level regarding the COVID-19 virus. \_\_\_\_\_ (primary guardian initials)
I understand that the above listed participant will not be able to participate if they are experiencing any of the following: cough, shortness of breath, fever or chills, sore throat, muscle aches, headache, or new loss of smell or taste. \_\_\_\_\_ (primary guardian initials)