

Sheroan's Tae Kwon Do Academy was founded and is owned by Grandmaster Bobby Sheroan. Grandmaster Sheroan has over 35 years experience instructing Tae Kwon Do.

Sheroan's Tae Kwon Do Academy is the area's oldest and largest martial arts school.

Grandmaster Sheroan has achieved the rank of 9th Degree Grandmaster from Martial Arts USA and registered in Korea, SimMuDo Association. Also ranked with United States Tae Kwon Do Won (USTW), the World Tae Kwon Do Federation (WTF), and the International Martial Arts Federation (IMF).



Grandmaster Sheroan is president of Kentucky Tae Kwon Do Won, under USTW.

Instructional staff at Sheroan's Tae Kwon Do:

Master Greg Skeeters -6th Dan , Head Instructor
Master Phil Johnson - 5th Dan
Master Bobby Poyner - 5th Dan
Ryan Sheroan - 4th Dan
Marlin Jiranek - 4th Dan
John House - 4rd Dan
David Cowherd – 3rd Dan
Tracy Chandler - 3rd Dan
Trish Thomas – 3rd Dan
Steve Hart – 2rd Dan
Shawn Hagerdash - 2nd Dan
Francia Bennett - 2nd Dan
Sarah Hart - 2nd Dan

Sheroan's Tae Kwon Do Academy is affiliated with USTW, WTF, IMF, Martial Arts USA, and the Korean SimMuDo Association.

The Do-Jang (training hall) is a state of the art training facility (constructed in 2011) located in Lake Shore Plaza next to next door to Party Plus.

BENEFITS OF TAE KWON DO

- Develop balance & coordination
- Increase awareness
- Increase fitness, tone muscles, increase flexibility
- Learn limitations and discipline
- Develop a positive attitude
- Develop maturity and self-control
- Learn the basis of responsibility and respect of others
- Self-Defense
- Develop self-confidence and a high self-esteem
- Increase mental and physical discipline.

SHEROAN'S TAE KWON DO ACADEMY

1111 N. Dixie Ave. Suite 1
(Lake Shore Plaza)
Elizabethtown, Ky. 42701
(270) 737-2927

Sheroan's Tae Kwon Do Academy is a traditional martial arts school that is focused on teaching the art of Tae Kwon Do and instilling traditional values of personal responsibility, courtesy, integrity, perseverance, self-control and an indomitable spirit. Instruction includes learning Poomse (Forms), Koruegi (sparring), Kuk-pa (board breaking), and Hoi-Sin Sol (self-defense techniques).

Sheroan's Tae Kwon Do Academy is known for its focus on the practical application of self-defense techniques and high quality of instruction and students. Classes continue year-round and there is no specific enrollment period. Each prospective new student receives a **free introductory** class one-on-one with one of the school's quality instructors.

Sheroan's Tae Kwon Do Academy has students from all ages, ranging from age 4 to over 65! The school is family oriented with many parents enrolling with their children.

Classes are held 6 days a week at only \$59.00 a month (unlimited classes).

SHEROAN'S TAE KWON DO ACADEMY



For Complete Information Visit:
www.SheroanTaeKwonDo.com
sheroantkd@windstream.net

Class Schedule

Daytime Classes TKD—All Students	
Monday, Wednesday, & Friday	8:30 AM to 9:30 AM
Monday, Wednesday, Friday, & Saturday	11:00 AM to 12:00 PM

Evening Classes

Little Dragon - All Belts 4 to 6 years old	
Monday & Thursday (All Belt)	5:15 PM to 5:50 PM
Friday	5:15 PM to 6:10 PM

Beginners Children, age 7-14, White – Purple Belts	
Monday	6:00 PM to 6:55 PM
Tuesday & Wednesday	5:15 PM to 5:55 PM
Friday	5:15 PM To 6:10 PM

Advanced Children, age 7-14, Blue, Brown, Red, & Black Belts	
Tuesday & Thursday	6:00 PM to 6:55 PM
Wednesday	6:00 PM to 6:40 PM
Friday	6:15 PM to 7:15 PM

Junior Black Belt Class – Children	
Wednesday	6:45 PM to 7:15 PM

Black Belt Class – Adults	
Tuesday	7:00 PM to 8:30 PM

Adults, All Belts 15 years old and up	
Monday & Thursday	7:00 PM to 8:00 PM
Wednesday	7:15 PM to 8:15 PM

LITTLE DRAGONS

The age group is generally 4-6, with an introductory class that will actually determine eligibility. They learn basic coordination (running/jumping/balancing), complex motor skills, concentration, and focus abilities through the introduction of TKD specific techniques and drills. Completion of the program makes them well prepared for entering into regular children's TKD instruction and classes. The program is a TKD Preparatory program.

The focus in this class is FUN!

CHILDREN'S INSTRUCTION

Sheroan's Tae Kwon Do Academy offers instruction for children in regular Tae Kwon Do classes starting at 7 years of age. The regular children's classes focus on teaching the art of Tae Kwon Do through disciplined instruction. This benefits children in many ways.

ADULT INSTRUCTION

Sheroan's Tae Kwon Do Academy offers martial arts instruction to all adults willing to learn, regardless of initial physical condition. Adult instruction can help to change a person both mentally and physically!

Fees

\$59.00 per Month*
 \$49.00 per Month (2nd family member)*
 \$39.00 per Month (3rd + family member)*
 OR
 \$69.00 per month (6month agreement)

*Based on 12 month agreement



SPECIALIZED INSTRUCTION

Sheroan's Tae Kwon Do Academy offers a variety of classes in addition to **TaeKwonDo**:

WOMEN'S SELF DEFENSE
(SPECIAL GROUP CLASSES)

PRIVATE TAEKWONDO INSTRUCTION

FREE INTRODUCTORY CLASS

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