



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MARTIAL ARTS

TAE KWON DO

Tae Kwon Do teaches basic skills including form and techniques which develop talent and lifelong discipline. All belt levels are taught and belt testing is offered. Master Vigil and Instructor Vigil rely on discipline and teamwork with parents and teachers to improve their martial artists as a whole. In this program, students ages six through adult will train in a Traditional Olympic style hybrid that focuses on speed, flexibility and endurance in a fun way that an entire family can participate in.

Uniform & Gear

An official VMA Uniform is not required initially; however it is required before the first testing. Sparring gear is not required but recommended once participant reaches Yellow Belt. Both sparring gear and uniform can be purchased through Master Vigil.

Testing

Testing occurs once a month, only those approved by Master Vigil can test. Test cost varies per belt rank and is not included in monthly program cost.

Spring Session

January 9 - May 18

Mondays & Thursdays

5:45pm - 6:30pm Tiny Tots (ages 3 - 5)

6:30pm - 7:30pm Beginner (ages 5 - Adult)

7:30pm - 8:30pm Advanced (ages 5 - Adult)

Classes are subject to cancellation due to testings, tournaments, holidays and other events

Registration: Ongoing Monthly

Facility Members: \$30/month

Program Members: \$44/month

Questions or concerns

VORTEXIC MARTIAL ARTS

Master Vigil

832-213-8889 or 832-605-4763

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LANGHAM CREEK FAMILY YMCA

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YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all. Everyone is welcome.

text YMCAHouston to 41411

