The Villages Taekwon-Do Club

If You Want to Check Us Out – Here's What to Do!

Understand that our Taekwon-Do club is unlike any other club in The Villages. Our training is highly disciplined and structured. Our classes are about growth in mind, body, and spirit. Our instructors and students have a true commitment to becoming their best in the art.

1. Email Sahbumnim (SBN) Drew at DrewKick@aol.com to let him know you would like to attend a class. Or you can call him at 352-322-6919.
2. You can also come by and watch a class.
    1. Please note, at the beginning of our class, we say the pledge of allegiance to the US flag. Please stand and join us in the pledge.
    2. There are some chairs to your right when entering the Dojang. You are welcome to sit there while watching the class train.
3. When you first enter the Dojang, please let one of the black belts know you are visiting. The black belt will direct you and introduce you to SBN Drew or SBN Ed.
4. If you want to participate in a class, please wear loose workout clothes.
5. Also, we do not wear shoes in the Dojang. You can leave them by the visitor chairs.
6. Here is the general schedule for each class:
    a. Students who would like to get extra practice and time to warm-up, can come to the pre-classes. **The pre-classes are on a voluntary basis**:
        1. 7:00 to 7:30 am - stretching and practicing on your own.
        2. 7:30 to 8:05 am - breakout training into separate belt groupings.
            i. White and yellow belts
            ii. Green and blue belts
            iii. Red belts
            iv. Black belts
    b. **All belt training** (white through black) is from 8:10 to 9:10 am.
7. We begin class by bowing to the American flag and the instructors and saying the pledge of allegiance to the US flag.
8. We end class by bowing to the American flag and the instructors and then form a large circle for:
    1. Announcements, updates, and questions.
    2. We end with walking by each person with fist bumps or high 5's.

We look forward to meeting you.