

## ***Instructional Staff***

### **AMANDA DUVALL**

Miss Amanda Duvall is the lead Instructor / coach for the MPAL Taekwondo Club. She began learning Taekwondo at the Age of 5 and currently holds the rank of 2nd Degree Black Belt. Although only 17 years old, this impressive young woman is working towards her 2nd Degree Black Belt. Miss Duvall teaches and shares her love for Taekwondo to MPAL youth under the supervision of her Mother, Mrs. Sherry Duvall (Mrs. Duvall holds a 2nd Degree in Taekwondo)

Miss Duvall has competed at in numerous Taekwondo competitions and was the 2009 Regional Sparring Champion in her age group. In addition to training in the art, Miss Amanda enjoys dance, softball, track, and will be attending the University of Hartford beginning in Fall 2017

### **SHERRY DUVALL**

Mrs. Sherry Duvall holds the rank of 2nd Degree Black belt in Taekwondo and has trained for several years in the Art. In addition to exposing Taekwondo to her Daughter Amanda, Mrs. Duvall trained along side her other children, Christiana & Josh, both of whom also hold Black Belts in the art. Mrs. Duvall works for the Town of Manchester Police Department and is the supervisory staff member for the MPAL Taekwondo Club. She is the main contact for the club and works to ensure students have a safe and structured class to learn top quality Taekwondo!

## **WHAT IS TAEKWONDO?**

Taekwondo is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical self-defense skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind.

The word "Tae" "Kwon" "Do" is composed of three parts as shown in the English spelling, though it is one word in Korean. "Tae" means "foot," "Kwon" means "hand" and "Do" means the "way"

태	TAE	means "Foot" or "strike with foot"
권	KWON	means "Hand" or "strike with hand"
도	DO	means discipline, art or way

The introduction of Tae Kwon Do in the United States began during the 1950's. Throughout the next few decades Tae Kwon Do grew in popularity, not only as a martial art, but as an international sport.

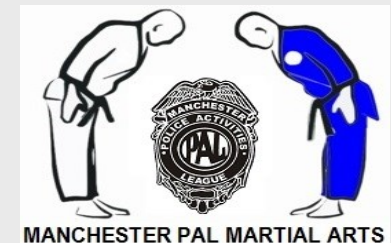
In 1973, Korea hosted the first Tae Kwon Do World Championships. Today the World Taekwondo Federation counts 120 separate countries as its members, representing 20 million practitioners.

Tae Kwon Do first gained acceptance as an Olympic sport when it appeared as a demonstration event in the 1988 Seoul Olympic Games. Tae Kwon Do became a full medal sport competition beginning in 2000.



***We teach self-discipline, self control and respect for oneself and others... for home, for school and throughout life.***

**THE MOST COST EFFECTIVE TRAINING IN THE AREA!!!**



**MANCHESTERCTPAL.ORG  
(860) 645-5525**

## TRAINING SCHEDULE

### Youth Taekwondo (Open to Trial Students)

**Mondays: 5:45 to 6:45pm**

**Tuesdays: 5:15 to 6:15pm**

### Advanced Students

By invitation of the Instructors only

### Where:



The Manchester [PAL] Martial Arts program is located at the PAL Center Dojang (at Hilliard Mills) 642 Hilliard St. Manchester, CT 06042

Visit [www.manchesterctpal.org/pal-taekwondo.html](http://www.manchesterctpal.org/pal-taekwondo.html)

### Questions:

Call Mrs. Sherry Duvall at (860) 869-8189

## Why PAL TAEKWONDO for youth?



Taekwondo is a total learning activity. Your child begins by practicing basic patterns and forms, kicking, blocking, striking, and punching. These fundamental skills increase your child's physical coordination, flexibility, balance, and mental acumen. Taekwondo develops your child's athletic abilities and self-awareness, and improves the child's capabilities in self-defense.

Taekwondo emphasizes moral development as well. Children learn respect for themselves and others, heightened concentration, and increased self-discipline and self-restraint. The self-discipline that develops as a result of learning and practicing the techniques usually carries over into other areas of the child's life. School grades often improve as your child learns to focus on objectives and to work toward achievement. The self-discipline and self-resect which Taekwondo develops can provide your child with the skills and mindset necessary to resist peer pressure.

People from all walks of life, all races and religions, young and old alike study Taekwondo. Students include engineers, computer programmers, doctors, lawyers psychologists, small business owners, musicians, college, high school and elementary school students, nurses, housewives and many more. Everyone can benefit from the art! Currently there are over 20 million Taekwondo students world-wide.

## COSTS

**ONLY \$150 Per Year !**  
(Subject to change without notice)

**First Uniform is Included!**



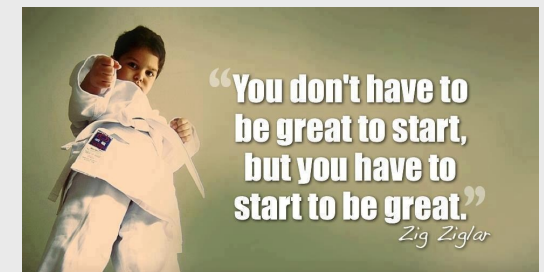
## REQUIREMENTS

Students must be at least 6 yrs of age.

A trial period of at least 2 classes must be completed. Instructors will evaluate the student to see if Taekwondo is a good option for the youth.

Student must be available to represent the PAL Martial Arts Program by attending scheduled program events

## **REGISTER TO TRY A CLASS**



**AT**  
**MANCHESTERCTPAL.ORG**