



## Fencing & Tae Kwon Do Schedules

### Club Hours:

Monday - Thursday 5:00 a.m. - 10 p.m.

Friday 5:00 a.m. - 8 p.m.

Saturday 8:00 a.m. - 6 p.m.

Sunday 8:00 a.m. - 8 p.m.



**Central**  
1600 7th Street  
Sioux City, IA 51101  
712.255.7659

**North**  
120 Gateway Dr Suite 5  
N Sioux City, SD 57049  
605.232.6906

**Pierce St**  
2600 Pierce Street  
Sioux City, IA 51104  
712.224.3434

**Morningside**  
4240 Hickory Lane  
Sioux City, IA 51106  
712.224.3451

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[www.fourseasonshealthclub.com](http://www.fourseasonshealthclub.com)



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# Sioux City Fencing Club

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00pm Youth lessons* 1 Hour #2	7:30pm Beginner lessons by appt only.** 1 Hour #2	7:30pm Beginner lessons by appt only.** 1 Hour #2	7:30pm Adult/Teen bouting 2 Hours #2		
	7:30pm Adult/teen lessons 2 Hours #2	8:30pm Private lessons by appt only.** 1 Hour #2	8:30pm Private lessons by appt only.** 1 Hour #2			

Beginner private lessons are available by appointment only, fencing questions can be directed toward Doug Jauer. (712-266-3074, please leave a message)

# Marshall's Tae Kwon Do Academy

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30pm Beginner Dragons 30 min #1	6:30pm White Belts 30 min #2		6:30pm White Belts 30 min #1		
	7:00pm Advanced Dragons 30 min #1	7:00pm Yellow - Green Belts 45 min #2		7:00pm Yellow - Green Belts 45 min #1		
	7:30pm Forms - Blue & Black 30 min #1	7:45pm Blue - Black Belts 45 min #1		7:45pm Blue - Black Belts 45 min #1		

## Fencing

**Fencing** is a sport that has been practiced in many forms throughout history. Modern fencing is a fast paced, highly athletic sport. The weapons are light and flexible and all timing and scoring is done electronically. Today fencing is practiced at the grass roots level at clubs like the Sioux City Fencing Club up to the elite level at the Olympics.

Four Seasons offers recreational and competitive level fencing programs. Competition levels include: local, regional and national. It is an add-on athletic program open to all members ages 9 & up for a \$10.00 monthly fee. Youth and adult participation is encouraged with all equipment and instruction included. Fencing builds coordination, upper and lower body strength, self confidence and sportsmanship through competition.

Sign up today for beginning fencing classes - preregistration is required. For more information please call Doug Jauer at 712-266-3074, please leave a message.

\*Youth lessons are for children ages 9-14 only.

\*\*Additional fees apply for beginner private lessons.

## Tae Kwon Do

**Tae Kwon Do** is a Korean martial art and the national sport of South Korea. It is also regarded as one of the world's most popular martial art in terms of number of practitioners. In Korean, *tae* means "foot"; *kwon* means "fist"; and *do* means "way"; so *tae kwon do* is loosely translate as "the way of the foot and fist". Tae Kwon Do is known for its emphasis on kicking techniques, which distinguishes it from other martial arts such as karate or kung fu. Tae Kwon Do as a sport and exercise is popular with people of both sexes and of many ages. Physically, Tae Kwon Do develops strength, speed, balance, flexibility, and stamina.

Four Seasons offers Tae Kwon Do as an add-on athletic program through Marshalls Tae Kwon Do Academy. Monthly lesson fees are \$60.00 for the first individual; \$25 for the 2<sup>nd</sup> family member; and \$15 for each family member thereafter. For more information please call Marshalls Tae Kwon Do academy at 712-226-4400.