

TAEKWONDO WELLNESS AGREEMENT

Taekwondo Wellness:

Taekwondo is not only a sport but a discipline that promotes healthy living through training the body, mind, and spirit. Taekwondo strengthens the body through rigorous physical exercise and cultivates the mind through the teaching of its philosophy and core principles: Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit. Taekwondo at Intuition Wellness Center is an extracurricular activity/sport with the goal of improving mental, physical, and emotional health, improving social and family interactions and improving your quality of life.

Taekwondo Wellness is a **wellness & exercise martial arts class** that may have both risks and benefits. Class discussions may include dialogue of your personal challenges and difficulties which can elicit uncomfortable feelings such as sadness, guilt, fear, anger and frustration. Taekwondo Wellness has an added risk of physical injury (e.g., bone fracture, sprain) due to rigorous physical exercises. Traditional martial arts has also been shown to have many benefits such as: Aiding in stress management; Promoting self-esteem & confidence; Decreasing aggression; Helping manage weight; Improving concentration; Lowering anxiety; and Increasing self-reliance & optimism. There is no assurance of these benefits. It is the client's responsibility to report any changes in physical or mental condition.

Instructor's Credentials:

Taekwondo Wellness classes are facilitated by Dr. Yoendry Torres, a clinical psychologist and executive director at Intuition Wellness Center, who has a doctorate degree in clinical psychology (Psy.D.) and is a 4th degree black belt in Taekwondo.

Eligibility for Participation:

Participation in Taekwondo Wellness is open to anyone, ages 7 to 65+, in the Southern Arizona community who is interested. Participants do not have to be counseling clients at Intuition Wellness Center or elsewhere to enroll. It is also strongly recommended that participants consult with their primary care physician and receive approval before starting Taekwondo Wellness.

Parental/Guardian Involvement:

It is strongly encouraged that parents/guardians of youth participants stay and observe in order to take full advantage of parent coaching, psycho-education, meditation, etc provided during Taekwondo Wellness classes.

Length and Frequency of Sessions:

Taekwondo Wellness classes are 60 minutes long. It is strongly recommended that participants attend as often as possible to get the most out of Taekwondo and bring a bottle of water to stay hydrated.

Taekwondo Wellness Attire:

Participants are not required to purchase Taekwondo uniform but they are encouraged to wear comfortable, loose clothing to allow freedom of movement. A white Taekwondo uniform is required for promotion tests and can be purchased through Amazon via Intuition Wellness Center.

Payment & Fee Policy:

Participants, or their guardians, are expected to pay Taekwondo Wellness membership on the 1st of every month, or by the first session of the month. Payments can be made in cash, check, or by credit card or can be automatically deducted by completing a credit card authorization form. Please note that there are no fees for color belt promotion tests until black belt level.

Promotion Tests:

Participants are not required to participate in promotion tests. However, those who choose to take promotion test will be required to have a white Taekwondo uniform approved by Dr. Torres, complete promotion test requirements and complete promotion test form.

