

# About Master Laura

## **7<sup>th</sup> Dan Black Belt - Tae Kwon Do**

Kukkiwon Certified, Ohio Director USNTF  
*Under the direction of Dr. Duk Gun Kwon*

## **7<sup>th</sup> Dan Black Belt - Haidong Gumdo**

World Haidong Gumdo Federation,  
Chief Master  
*Under the direction of Grand Master Jeong Ho Kim*

## **5<sup>th</sup> Dan Black Belt - Hapkido**

Hapkidowon World Hapkido Headquarters  
*Formerly Under the direction of  
the late Grand Master Kwang Sik Myung*

## **4<sup>th</sup> Dan Black Belt - Gongkwon Yusul**

International Gongkwon Yusul Association  
*Under the direction of Grand Master Jun Kang*

### **Teaching:**

- Self Defense
- Discipline
- Respect
- Confidence

Master  
Laura  
Clements

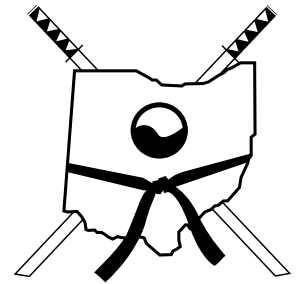
- 2012 National Forms Grand Champion
- Over 30 Years of Experience
- USNTF Instructor of the Year
- Former School Teacher
- Trains in South Korea
- CPR/First Aid Certified

All Black Belts Certified with the  
Kukkiwon (WTF), USNTF,  
World Haidong Gumdo Federation,  
Hapkidowon World Hapkido Headquarters,  
& Gongkwon Yusul Association

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# About the Classes

## Tae Kwon Do (Ji Do Kwan Style)

This is the ancient martial art of Korea, developed over thousands of years, and is the most practiced martial art in the world. It improves self-esteem, self confidence, better concentration, respect, discipline, composure and self defense. Our training is traditional military style and non-contact. We teach control with every kick and punch. The training is in a family environment, with everyone encouraged to reach their own potential.



**For Ages 6 & Up**  
-Taught by Master Laura

Tuesday & Thursday (Yellow Belts & Up)	4:30 - 5:25 pm
Tuesday & Thursday (Beginners to Orange Belts)	5:30 - 6:25 pm
Tuesday & Thursday (Green Belts & Up)	6:30 - 7:30 pm
Wednesday (Red Belts & Black Belts Only)	5:25 - 6:20 pm
Sunday (Green Belts & Up)	2:00 - 3:00 pm

Tae Kwon Do Fees	Per Person	Family Rate
More than 1 day a week	\$100 per month	\$150 per month
1 day a week	\$80 per month	\$120 per month

## Sword (Haidong Gumdo Korean Sword Art)

The complete art of Korean sword training includes learning all the cuts and blocks with the sword as well as forms, sparring, and paper, fruit, bamboo & straw cutting. Students do not use real swords until they are Black Belts.



**For Ages 8 & Up**  
-Taught by Master Laura

Monday & Friday	5:30 - 6:30 pm
Wednesday (Green Belts & Up)	4:30 - 5:25 pm
Tuesday & Thursday	7:30 - 8:30 pm
Sunday (Black Belts)	4:00 - 5:00 pm

Haidong Gumdo Fees	Per Person	Family Rate
More than 1 day a week	\$100 per month	\$150 per month
1 day a week	\$80 per month	\$120 per month

## Kickboxing/Fitness (Kyuk Too Gee)

Includes kickboxing for cardio and low impact exercise to lose weight and tone the body.

**For Ages 13 & Up**  
-Taught by Master Laura

Wednesday	8:10 - 9:00 pm
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Kickboxing Fees	Per Person	Family Rate
1 day a week	\$80 per month	\$120 per month

## Gongkwon Yusul (Traditional Korean Mixed Martial Arts)

This art is not like American MMA but a blend of the traditional Korean Martial Arts of Judo (Judo), Korean Kickboxing, and Hapkido. Some refer to it as Korean Jujitsu, or Korean Mixed Martial Arts. The focus is self defense and not competition.



**For Ages 8 & Up**  
-Taught by Master Laura

Monday & Friday	6:30 - 7:30 pm
Wednesday	6:20 - 7:15 pm
Sunday (Higher Ranks)	3:00 - 4:00 pm

Gongkwon Yusul Fees	Per Person	Family Rate
More than 1 day a week	\$100 per month	\$150 per month
1 day a week	\$80 per month	\$120 per month

## Hapkido

This is an ancient Korean martial art used by South Korean Police. It includes kicks, throws, ground fighting, learning to fall, pressure points, joint locks and weapons. The weapons include short stick, long stick, mini-stick, and cane.



**For Ages 12 & Up**  
-Taught by Master Laura

Monday	7:30 - 8:30 pm
Wednesday	7:15 - 8:10 pm
Friday (Weapons Class)	7:30 - 8:30 pm

Hapkido Fees	Per Person	Family Rate
More than 1 day a week	\$100 per month	\$150 per month
1 day a week	\$80 per month	\$120 per month

## Tai Chi (Yang Style)

Tai Chi Chuan or Tai Chi is an ancient non-combative form of martial arts which originated in China. It consists of a series of slow flowing movements and is used for physical, as well as mental health.

**For Ages 13 & Up**  
-Taught by Sensei Mary Long

Monday	6:30 - 8:00 pm
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Tai Chi Fees
\$55 per person, per month (Starting July 2023)

If you are in more than one monthly activity (**Excludes Tai Chi, and Gungsul Korean Archery**), pay full price for the first class and take \$30.00 off each additional class.

Official uniforms and bowing to the flag and instructors to show respect upon entering the practice floor are requirements of our martial arts system with no exceptions.