



# H.M.D. ACADEMY CHICAGO

*John C. Coonley's  
Tae Kwon Do*

## ***PARENTS!!***

The HMD Academy Tae Kwon Do program's goal is the development of character. Our training method begins with one's physical coordination and bridges the principles of integrity, perseverance and visualization into social and academic development. Goal setting and an essay in addition to the physical performance are required for promotion. Uniform fee is \$35.

### **The Rewards of Training at H.M.D. Academy Chicago:**

#### Physical

Increased Strength  
Improved Flexibility  
Balance and Coordination

#### Mental

Assertiveness--  
*Without* Aggression  
Self-Discipline

#### Philosophical

Goal Setting and Essays  
Non-competitive training  
Critical Thinking

### **Class Schedule:**

**Tuesday and Thursday 3:35-4:20 PM**

To Enroll Call or Contact Us at

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

**773.549.0285**

