

**Jordheim Taekwon Do**  
Fact Sheet

**Organization:** Jordheim Taekwon Do  
**Contact:** Lori or Brent Jordheim  
**Address:** 41 East Villard Street, Dickinson ND  
**Phone:** 225-0292  
**Web:**  
**Email:** jstaekwondo@qwest.net

**Activities:** Taekwon Do

Title/Description/Group Size	Schedule	Cost
Taekwondo Classes	Monday and Wednesdays (one hour in length)- varying times	

**Joining or signing up:**

Interested individuals/families can enroll by calling 701 225-0292 for more program information. We accept new students four to five times per year. Classes run on Monday's and Wednesdays for one hour in length. Class times vary depending on the number of openings in our program.

**Getting inside/moving around easily:**

All classes are held at Jordheim's Plaza Building, 41 East Villard Street, third level.

**Keeping your child safe:**

Taekwondo incorporates self-defense techniques and information. Students are taught how to get away from someone who approaches them, grabs, or chokes them.

**Making it work for your child with special needs:**

Students of all shapes and sizes can participate because Taekwondo is an individual activity put in a group setting. Students earn each of the nine belt colors at a promotion testing. Each promotion testing includes showing techniques and breaking a board. Each sense of accomplishment adds to a higher level of self confidence.

**Making it work for the whole family:**

Family discounts are available

**Helping your child fit in and make friends:**

Taekwondo promotes self confidence and respect.

**Other info:**

MOST FREQUENTLY ASKED QUESTIONS ABOUT JORDHEIM'S TAEKWONDO PROGRAM

### 1. WHAT IS TAEKWONDO?

Taekwondo is a martial art that originated in Korea approximately 2000 years ago. Taekwondo is 80% kicking technique and 20% hand technique. Jordheim's Taekwondo incorporates the traditional manners such as "yes, sir...", and "yes, maam..." along with the development of self confidence and self esteem. Taekwondo promotes respect toward others while encouraging a life long commitment to physical fitness.

### 2. WHO ARE THE INSTRUCTORS?

Grand Master Brent Jordheim - 7<sup>th</sup> degree black belt. He started training in 1980 and opened Jordheim's Taekwondo Association in Dickinson in 1985.

Master Lori Jordheim - 6<sup>th</sup> degree black belt. She started training in 1987 and began instructing in 1988 as an assistant instructor. Both Master Brent and Master Lori are head instructors.

### 3. WHAT ARE THE AGES ACCEPTED TO TRAIN TAEKWONDO?

The youngest we accept is a 5  $\frac{1}{2}$  year old who is or has attended kindergarten. In the best interest of a child and of our program, we do not accept students younger than age 5  $\frac{1}{2}$ . Our junior classes run from ages 5  $\frac{1}{2}$  through age 12 - 13 years old. Some 13 year olds fit better in the adult class due to body size. We usually start all 13 year olds in the junior class and will move them to the adult class when we see it is necessary.

Adults can train up to any age as long as they are physically able to do so. The oldest person we trained was a grandmother who started at age 57 and tested for her black belt at age 62. Anyone who wants to break her record is welcome to join!

### 4. WHAT DOES A BEGINNING STUDENT NEED TO WEAR?

Please wear sweat pants and a T-shirt (something comfortable to stretch in. Jeans do not work that well). Jordheim's Taekwondo does not require a uniform to be purchased until 6-8 weeks into the program. This allows the beginner student enough time to see if they enjoy Taekwondo. After the 6-8 weeks have passed the beginners have their first promotion test for white belt. If they decide to continue training, a uniform is then required. We have all uniforms on hand. The cost of a basic uniform is \$45 plus tax. Please inquire about other styles of uniforms we offer.

### 5. HOW LONG IS A "SESSION"?

We consider a "session" to be from one belt color to the next. As a new student you will learn basic techniques and will have the first promotion test for white belt in approximately 6-8 weeks from the time you start training. After that the juniors ages 5  $\frac{1}{2}$  through age 12-13 years test once every 2  $\frac{1}{2}$  to 3 months. Adults test every 3 -  $\frac{1}{2}$  months. If you decide to take a break it is always best to do so right after a promotion test. When you come back you will be at the same

level in which you had left. You do not lose any ranking. You can be out for years and will still come back at your last achieved ranking.

#### 6. WHAT IS THE PROMOTION TEST?

A promotion test consists of showing what a student has learned over the last session to their family, friends, teachers, grandparents, etc. in a group test conducted by Grand Master Brent and Master Lori Jordheim. Each student performs a pattern, group of subject material, has an oral test of questions, and gets to break a board. Everything they test on is covered in class except for some of the oral test. A sheet is handed out during the session that has questions and answers on it. This needs to be studied at home. The type of board breaking given is according to the level, ability, and age of the student. We will never give a board break that we feel the student cannot do. Self confidence is the key. Accomplishing something you didn't think you could do is a great boost to self esteem.

#### 7. WHAT IS MY CERTIFICATION?

Jordheim's Taekwondo Association certifies all of their students under the WORLD TAEKWONDO FEDERATION (WTF) directly from Seoul, Korea. The WTF is the largest Taekwondo organization in the world and is the governing body over the Olympic Taekwondo. For each promotion achieved, each student receives a new belt ranking and a certificate. This certificate is good for anywhere in the world that you will train at a WTF Taekwondo certified school. We have had many students train with us and move to a new city or state. You will not lose your ranking if you join a WTF school. As a WTF black belt your certificate number and personal information is kept on file in Seoul, Korea.

#### 8. WHAT IS THE PROMOTION FEE FOR?

The promotion fee covers the belt, board, and certificate that you receive. Promotion fees must be remitted before the promotion test is conducted.

#### 9. WHEN ARE THE TUITION PAYMENTS DUE AND WHO DO I GIVE THEM TO?

All tuition payments are due at the beginning of the month before the lessons are taught. We give all students until the 7<sup>th</sup> day of the month to remit the tuition before a late fee is assessed. Any payments made after the 7<sup>th</sup> of the month are assessed a \$5 late fee. All tuition payments can be made in our office located on the third level of Jordheim's Plaza building. You can give them to us or drop them in our "Quick Pay" box which is also located in our office. Instructions are by the box. We have an employee who is in the office during the last class day of the month and the first two class days of the month. She can take your payments at those times. If you have a question on a late payment or any specific questions you can catch us directly before or after your class. You may also call us at 225-0292.

#### 10. WHAT HAPPENS IF TAEKWONDO IS MISUSED?

Our biggest and most important rule of our program is if you misuse Taekwondo or anything we have taught you...you get kicked out. We are not a school that teaches people how to be bullies. We prefer that everything we teach you can be practiced at home under the direction of a parent (when the student is under the age of 18). Under no circumstances is Taekwondo to be used on brothers and sisters or at the playground at school. If it is brought to our attention of a misuse, we contact the parents (if the student is under the age of 18) and anyone else involved (teachers, etc.) and find out the true story before any action is taken. Taekwondo can be used for self defense reasons. It is only in the "bully" or "show off" circumstances we will take action.

#### 11. WILL I OR MY CHILD BE GIVEN ANYTHING TO BRING HOME?

YES. The best communication we have between us and the student is handouts. Please expect a monthly schedule to be handed out at the beginning of every month. When there is a promotion test we give a notice to the students one to two weeks ahead of the promotion date. We give certificates, oral sheets, tournament posters, tournament reward star patches, special events, etc. on a regular basis. Please check your child's duffle bag each class period for any handouts.

#### 12. AS A PARENT DO I STAY AND WATCH CLASS OR LEAVE?

We encourage all parents to be a part of your child's interests in life. It is not necessary to watch every class but at least 3-4 per month is recommended. You will have a better sense of what is going on with your child. Some children get nervous while a parent watches and that is why we partitioned off the spectator area. Once class starts most children are focusing on us and forget about who is watching them. When you do come and watch please keep the talking and noise down to a minimum so the class is not disrupted. If a child needs to wait for more than 10 minutes for their parent to pick them up we would like them to wait on the third level in the spectator waiting area not on the first level by the front doors. You may also call us and let us know so we can keep an eye on them. Safety is number one.

#### 13. WHAT ABOUT TOURNAMENT PARTICIPATION?

Tournaments are encouraged but not required. Tournament participation helps round out the overall Taekwondo training. It enhances good sportsmanship, peer relationships, presentation skills, and self confidence all while having a great time. In order to compete in a tournament a student must be at least the first level of ranking - a white belt. Everyone who participates in a tournament is rewarded with a red star patch that is put on the uniform. We have an excellent handout on "What to Expect at a Tournament" We give this out to all students when we start tournament practice with them. If you would like to receive a handout, please let us know and we would be happy to give one to you.

#### 14. WHAT IF WE HAVE QUESTIONS?

We encourage an open communication between us and parents and students. Please feel free to ask us anything. If you don't understand what your child is telling you, please check with us. Sometimes they see or hear another class doing something and information can get mixed up. Most everything we announce is given in a handout. Please check your child's duffle bag on a regular basis. We also post the handouts on the entrance door to the third level. You may also call us at 225-0292.

**15. WHAT IF I WANT TO TAKE A BREAK DURING SUMMER?**

Summer activities and warm weather are a major reason why we take a break over the summer months. Classes run September through May with a promotion test conducted sometime in May. All classes resume the first Monday after Labor Day. Please contact us in regards to which class period you will come back into.