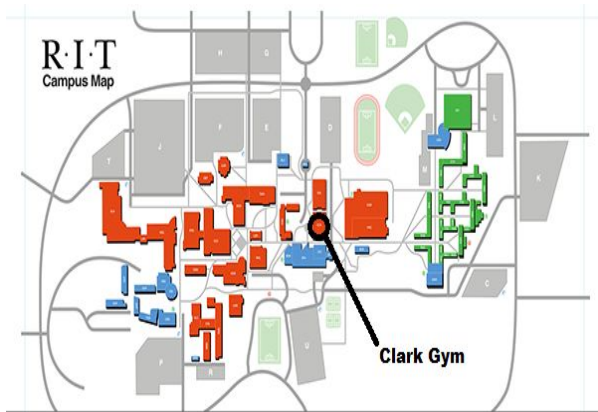


## Directions



### Quarter Mile Entrance

1. Enter Clark Gym from Quarter Mile
2. Go down stairs on the right of the entrance doors
3. Once downstairs, turn right and start going down the hall. The wrestling room will be behind the black padded doors on the left

### Under Bridge Entrance

1. Go down the steps on the Quarter Mile by the side of the Student Life Center (the right before the bridge)
2. Cross the street and enter the Clark Gym from the basement entrance
3. Turn left and go down the hall, the wrestling room will be on the right (note: the doors closest to this entrance are almost always locked, use the doors further down the hall)

## Have more questions?

Read our New Member's Guide on CampusGroups to find out more. It covers everything you need to know before coming to your first practice.

## Still have questions or concerns?

Contact one of our officers through email or messaging on CampusGroups

### **President**

Adrian Savory    [ans8174@rit.edu](mailto:ans8174@rit.edu)

### **Vice President**

Mike Veress    [msv2521@rit.edu](mailto:msv2521@rit.edu)

### **Treasurer**

Ricardo Carrion

### **Secretary**

Arkia Vanner



# Taekwondo Club

**Meetings Every  
Tuesday & Thursday  
in the Clark Gym  
Wrestling Room, 8-9PM**

**Check us out at  
[campusgroups.rit.edu/TKDC](https://campusgroups.rit.edu/TKDC)**

**No Dues or Fees!**

## What is Taekwondo?

Taekwondo is a strike-based Korean martial art famous for its kicks, literally meaning “art of the foot and fist”. It is the world’s most popular martial art and recognized as one of the most systematic and scientific of traditional martial arts. It teaches both fundamental self-defense skills and competitive Olympic sparring.

### Goals

- ❖ Improve your fitness
- ❖ Develop your coordination
- ❖ Refine your skills
- ❖ Have fun while doing it!

### What we do

- ❖ Striking
- ❖ Kicking
- ❖ Sparring
- ❖ Grab escapes
- ❖ Takedowns

### Why train with us?

- ❖ Decades of martial arts experience between officers
- ❖ Year-round exercise with zero club obligations, come when you want!
- ❖ Discounted equipment purchases, including FREE MOUTHGUARDS
- ❖ Access to highly sought after club T-shirts

## F.A.Q

### **Q. Does the club do belt/rank promotions?**

Since we are a college club and not associated with a local school, we do not have any testing.

### **Q. Do I need martial arts experience?**

All skill levels are welcome, including beginners. Just bring workout clothes and be ready to learn!

### **Q. Can I wear my uniform/belt from Karate/Judo/etc or bring my gear?**

You are free to wear any workout appropriate clothing and gear you have, including a belt and/or uniform. Sparring gear is NOT REQUIRED, and we will have some available to borrow each practice. To find out more, read our New Members Guide on our CampusGroups page.



### **Q. Is attendance mandatory?**

We do not take attendance and there are no mandatory meetings, however we highly encourage newcomers to attend the at least two meetings in the first three weeks. If you can’t come in the fall, feel free to check us out in the spring.

### **Q. Does the club have an interpreter?**

Interpreting services are available by request through [myaccess.rit.edu](http://myaccess.rit.edu). We do not arrange this. If you require an interpreter, you must request one yourself before coming to practice.

### **Q. Does the club participate in or host competitions?**

We are not allowed to directly involve the club in competitions since it was founded as a non-compete sports club. However, several members compete outside of the club through local organizations.