



# W. Kim Tae Kwon Do's After School Enrichment program Pleasant Hill School

**Wednesday's...  
March 7, 14, 21  
& April 4**

**from 3:30-4:15pm in  
Pleasant Hill Gym**

**6 Character Development Program:**

1. Why should you be a good student?
2. Why you must think for yourself and not follow the crowd.
3. Learning skills-focus your eyes, focus your ears, focus your body, and focus your mind application.
4. How to deal with a bully. Communication skills.
5. Why you should never be a bully.
6. A, B, C's of conflict avoidance.

100% of Proceeds benefit Pleasant Hill PTA  
Class size limited to 20 – Register early!  
Registration due by Wednesday, Feb 29<sup>th</sup>

PTA Contact: Sherri Lamerand, 847-991-0807  
[sherrilamerand@yahoo.com](mailto:sherrilamerand@yahoo.com)

Tae Kwon Questions Contact: (847) 991-7727



**Building Future Leaders for Tomorrow!**

**YES I CAN!!!**

## W. KIM TAE KWON DO Permission Slip

I am aware that I am being allowed to watch, practice, exercise, demonstrate, participate and receive instruction in Tae Kwon Do and other martial arts related activities at W. Kim Inc. DBA W. Kim Tae Kwon Do also referred to as the School, or their sponsored events. I am aware that Tae Kwon Do and other related martial arts activities can be physically demanding and involve the risk of personal injury, including assisting in any manner such as holding targets and boards. I agree, personally or on behalf of my child, to release and waive any claims or causes of action, including claims for injuries and damages caused by the negligence of the School and/or its owners, employees, students and volunteers of the School arising out of any injuries that I (or my child) may sustain as a result of my (or my child's) participation or attendance at the School and their sponsored events, such as tournaments, Birthday parties, seminars, or demonstrations. By providing contact information I release permission to be called or contacted for further services.

**Please fill this form out completely so your child can participate**

Child's Name(s): \_\_\_\_\_  
(Please Print)

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
(Signature of Parent or Guardian)

Email for confirmation: \_\_\_\_\_

Phone # where you can be reached: (\_\_\_\_\_) \_\_\_\_\_

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\_\_\_ K \_\_\_ 1<sup>st</sup> \_\_\_ 2<sup>nd</sup> \_\_\_ 3<sup>rd</sup>  
\_\_\_ 4<sup>th</sup> \_\_\_ 5<sup>th</sup> \_\_\_ 6<sup>th</sup>

\$39 for 4-weeks, includes a  
W. Kim Tae Kwon Do T-shirt.  
Please makes checks  
payable to Pleasant Hill PTA



W. Kim Taekwondo  
Martial Arts School for Kids, Adults & Families  
724 W Euclid Ave, Palatine, IL 60067 (847) 991-7727