



2025 – 2026 TAEKWONDO PROGRAM

Description:

Our program specializes in the martial art and Olympic sport of taekwondo. Classes are offered for students and adults. Training includes cardiovascular conditioning, traditional kicking & striking, Olympic technique & movement, self-defense, confidence, self-control, strength, coordination & flexibility, and health. Classes begin Sept. 1 and end May 31.

Requirement:

- Students must enroll **by August 22, 2025**
- Sport Physical form due **August 29, 2025**
- First Day of classes **September 2, 2025**
- Last day of class is **May 28, 2026**. Classes may extend beyond May 28 depending on tournament season dates. The instructor will update you as we progress through the school year.



Program Highlights:

- The instructor, Dr. Arrash Jaffarzadeh is a 5th Dan Kukkiwon black belt and a certified national and international referee with over 25 years of experience in taekwondo.
- The Monticello Academy Taekwondo program has promoted over 13 black belts
- Athletes from our program have competed in local, regional, state, national, and international tournaments.
- Several of our black belts have achieved first place at past state and national championships; most prominently, one of our black belt students achieved membership to the US Cadet Sparring Team.
- Balanced curriculum includes poomsae (forms), kyorougi (sparring), self-defense, breaking, tournament management, and martial arts philosophy.

Policy:

- White Closed V-neck Taekwondo Uniforms are required for participation.
- Parents are required to attend a TKD Orientation session announced by the instructor.
- Intermediate and Advanced students are required to have properly fitted approved sparring equipment.
- Tuition will be billed to your monthly invoice and it is **Non-Refundable, Non-Transferable and Non-Prorated**.
- **30-day notice** is required for any withdrawal or changes and **must be e-mailed** to [Attendance](#) and [Dr. Jaffarzadeh](#). **Verbal notices are not accepted.**
- **NO classes during school breaks, holidays, or school special events.**
- **NO make-up** classes unless the instructor re-schedules the class.
- Students **must be at least 7 years of age** to enroll in classes.
- Parents may be asked to attend a taekwondo orientation. Details will be e-mailed by the instructor.
- The classes are for students who have been promoted through Monticello Academy, if you wish to join as a color belt or black belt rank, you must contact the instructor for permission.
- USA Taekwondo membership is required. Details will be email by instructor.

Contact:

- [Dr. Arrash Jaffarzadeh](#)

Schedule and Tuition:

Belt Color and Classes	Day	Ages 7-12 Times*	Teens and Adults Times*	Monthly Fee
White Belts (Beginners)	Tuesdays & Thursdays	3:40PM – 4:25PM	5:25PM – 6:15PM	\$90
Yellow Belts (Intermediate)	Tuesdays & Thursdays	4:30PM – 5:20PM	5:25PM – 6:15PM	\$100
Green Belts (Intermediate)	Tuesdays & Thursdays	4:30PM – 6:15PM	4:30PM – 6:15PM	\$110
Blue Belts (Advanced)	Tuesdays, Thursdays, & Fridays	4:30PM – 6:15PM	4:30PM – 6:15PM	\$120
Red Belts (Advanced)	Tuesdays, Thursdays, & Fridays	4:30PM – 6:15PM	4:30PM – 6:15PM	\$120
Black Belts	Tuesdays, Thursdays, & Fridays	4:30PM – 6:15PM	4:30PM – 6:15PM	\$120
Team Practice	Fridays	3:40PM – 4:30PM	3:40PM – 4:30PM	\$0**

*All TKD students are expected to show up 10 min before class to allow time for changing and preparing the training area

**Instructor approval required. Team apparel and uniform costs not included.