



2026 – 2027 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.



Requirements:

- Returning students (color belts) must enroll **by August 1, 2026**
- New students (white belts) must enroll **by August 27, 2026**
- Sport Physical form due **August 17, 2026 (color belts) August 28, 2026 (white belts)**
- First Day of Classes
 - Intermediate/Advanced Classes (Color Belts) begin **August 18, 2026**
 - Beginner Classes (White Belts) begin **September 2, 2026**
- Last day of class is **May 27, 2027**. Classes may extend beyond May 27 depending on tournament season dates and if students qualify for National Championships! 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 28 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.
- Current USA Taekwondo membership is required for color belt students. Visit <https://usataekwondo.sport80.com/> to register or renew if needed.

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/Red Belts (Advanced)	Tuesdays, Thursdays, & Fridays	4:30PM – 6:15PM	4:30PM – 6:15PM	\$120
Team Practice	Fridays	3:40PM – 4:40PM	3:40PM – 4:40PM	\$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.