

**Sheroan's Tae Kwon Do Academy**, a traditional martial arts school, was founded and is owned by Grandmaster Bobby Sheroan. Grandmaster Sheroan has taught traditional Tae Kwon Do for over 45 years. **Sheroan's Tae Kwon Do Academy** is the area's oldest and largest martial arts school.

Grandmaster Sheroan has achieved the rank of 9th Degree Grand Master from Martial Arts USA and registered in Korea with SimMuDo Association. Sheroan's is also ranked with United States Tae Kwon Do Won (USTW), the World Tae Kwon Do Federation (WTF), and the International Martial Arts Federation (IMF).



*Grandmaster Sheroan  
Vice-President,  
United States Tae  
Kwon Do Won.*

**Instructional staff at Sheroan's Tae Kwon Do:**

- Grandmaster Bobby Sheroan - 9th Dan, Owner
- Master Greg Skeeters - 7th Dan , Head Instructor
- Master Phil Johnson - 6th Dan
- Master Bobby Poyner - 5th Dan
- Master Ryan Sheroan - 5th Dan
- Master Marlin Jiranek - 5th Dan
- John House - 4th Dan
- Shawn Hagerdash - 3rd Dan
- Steve Hart - 3rd Dan
- Terry Conner- 3rd Dan (Assistant)
- Francia Bennett - 3rd Dan
- Sarah Hart - 3rd Dan

**Sheroan's Tae Kwon Do Academy** is affiliated with USTW, WTF, IMF, Martial Arts USA, and the Korean SimMuDo Association.

The Do-Jang (training hall) is a state of the art training facility located in Lake Shore Plaza next door to Party Plus.

**BENEFITS OF TAE KWON DO:**

- Develop balance & coordination
  - Increase awareness
- Increase fitness, tone muscles, increase flexibility
  - Learn limitations and discipline
  - Develop a positive attitude
  - Develop maturity and self-control
- Learn the basis of responsibility and respect of others
  - Self-Defense
- Develop self-confidence and a high self-esteem
  - Increase mental and physical discipline.

**SHEROAN'S TAE KWON DO ACADEMY**

*A Traditional Martial Arts School*  
 1111 N. Dixie Ave. Suite 1  
 (Lake Shore Plaza)  
 Elizabethtown, Ky. 42701  
 (270) 737-2927

**Sheroan's Tae Kwon Do Academy** is a traditional martial arts school that is focused on teaching the art of Tae Kwon Do and instilling traditional values of personal responsibility, courtesy, integrity, perseverance, self-control and an indomitable spirit. Instruction includes learning Poomse (Forms), Koruegi (sparring), Kyuk-pa (board breaking), and Hol-Sin Sol (self-defense techniques).

**Sheroan's Tae Kwon Do Academy** is known for its focus on the practical application of self-defense techniques and high quality of instruction and students. Classes continue year-round, there is not a specific enrollment period. Each prospective new student receives a **free introductory** class, one-on-one with one of the School's quality instructors.

**Sheroan's Tae Kwon Do Academy** has students from all ages, ranging from age 6 to over 65! The school is family oriented with many parents enrolling with their children.

Classes are held 6 days a week at only \$65.00 a month (unlimited classes).

**SHEROAN'S  
TAE KWON DO  
ACADEMY**



*A Traditional Martial Arts School*



For Complete Information Visit:  
[www.SheroanTaeKwonDo.com](http://www.SheroanTaeKwonDo.com)  
[sheroantkd@windstream.net](mailto:sheroantkd@windstream.net)

## Class Schedule

<b>Daytime Classes</b> TKD—	
All Students Monday and Wednesday	9:00 AM to 10:00 AM
All Students Monday, Wednesday, & Friday	11:00 AM to 12:00 PM
Saturday, Children	10:45 AM to 11:25 AM
Saturday, Adults	11:30 AM to 12:15 PM

<b>Children</b> White – Yellow Belts	
Monday	5:30 PM to 6:15 PM

<b>Beginning Adults</b> White – Orange Belts	
Monday	6:20 PM to 6:10 PM

<b>Beginning Children</b> White - Green Belts	
Tuesday, Wednesday, & Thursday	5:15 PM to 5:55 PM
Friday	5:30 PM to 6:15PM

<b>Advanced Children,</b> age 6-14, Purple — Red & Black Belts	
Tuesday & Thursday	6:00 PM to 6:55 PM
Wednesday	6:00 PM to 6:40 PM
Friday	6:20 PM to 7:20 PM

<b>Junior Black Belt Class – Children</b>	
Wednesday	6:45 PM to 7:15 PM

<b>Black Belt Class – Adults</b>	
Tuesday	7:00 PM to 8:30 PM

<b>Adults, All Belts</b> 15 years old and up	
Thursday	7:00 PM to 8:00 PM
Monday & Wednesday	7:15 PM to 8:15 PM
Friday	6:20 PM to 7:20 PM

**CHILDREN'S INSTRUCTION**  
**Sheroan's Tae Kwon Do Academy** offers instruction for children in regular Tae Kwon Do classes starting at 6 years of age. The regular children's classes focus on teaching the art of traditional Tae Kwon Do through disciplined instruction. This benefits children in many ways.

## **ADULT INSTRUCTION**

**Sheroan's Tae Kwon Do Academy** offers martial arts instruction to all adults willing to learn, regardless of initial physical condition. Adult instruction can help to change a person both mentally and physically!

### **Fees**

\$65.00 per Month\*  
 \$55.00 per Month (2nd family member)\*  
 \$45.00 per Month (3rd + family member)\*  
 OR  
 \$70.00 per month (6 month agreement)

\*Based on 12 month agreement



## **SPECIALIZED INSTRUCTION**

**Sheroan's Tae Kwon Do Academy** offers a variety of classes in addition to Tae Kwon Do:

**WOMEN'S SELF DEFENSE**  
 (SPECIAL GROUP CLASSES)

**PRIVATE TAEKWONDO INSTRUCTION**

**FREE INTRODUCTORY CLASS**