

#### THE ETO CREED:

*We as ETO strive to perfect  
the art of Tae Kwon Do,  
In order to achieve balance of  
mind, body, & spirit.  
This practice will empower us to become  
examples of Confidence, Skill &  
Leadership.*

#### HISTORY OF ETO:

ETO was established in November of 1993 by Missan C. Edwards. Missan began her study with the Jhoon Rhee Institute of Tae Kwon Do. She received her black belt under the World Tae Kwon Do Federation. In addition to martial arts, Miss Missan is a nationally certified aerobics instructor and has won the title of National Step Aerobics Champion. Miss Missan's diverse background in martial arts and aerobics brings to ETO an innovative program that incorporates the best of all styles. ETO practices a blend of Korean, Chinese, Japanese, and American techniques coupled with safe exercise guidelines. Miss Missan's husband Mr. Doug is the head of the instructor staff at ETO. He began his study of Martial Arts with the United Karate Studios and trained under WTF and ETO. Mr. Doug is an experienced wrestler and grappler and has won several awards. Together with the other ETO Black Belt instructors, they have put together the most unique program available.



**GO ETO!!!!**

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# PROGRAM INFORMATION



**THE ETO CLASS SCHEDULE:**

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**Monday:**

Cardio Kick 5:00 PM  
Ages 5 -13 All Belts 6:05 PM  
Adults 7:05 PM

**Thursday:**

Cardio Kick 5:00PM  
Ages 5 -13 All Belts 6:05PM  
Adults 7:05PM

**Friday:**

\*\*\*Special Events/ Highlights

**Saturday:**

Cardio Kick 8:15 AM  
Ages 5-13 All Belts 9:35 AM  
Adults 10:35 AM  
\*Scheduled Testing 1:00 PM

*\*Times vary by event*

**ETO CLASS BALANCE:**

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Each ETO class offers three components of fitness: cardiovascular endurance, muscular endurance and flexibility. This practice creates a balanced exercise program for students of all ages. In addition to the fitness drills, FUN and SAFETY are a must in every class.

**FEES:**

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ETO is proud to be a "NO" contract school. ETO students are part of a family centered program without the pressure to sign a contract. Each student may take as many classes per month offered to his/her age group or skill level. Fees are due by the 10<sup>th</sup> of each month with late charge after the 12<sup>th</sup>.

**Fees as of 12/20:**

<b>ETO Programs</b>	<b>Registration Fee per Person</b>	<b>1<sup>st</sup> Family Member</b>	<b>Add. Family Member</b>
Martial Arts	\$75.00	\$150.00	\$130.00
Fitness Classes	\$20.00	\$40.00	\$30.00

*\*Ages 16 and up also have use of weight room*

*\*advanced pay discounts options (no refunds):  
6 months = 10% off 12 months = 15% off*

*\*KSU and military discounts available*

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**ETO STUDENT UNIFORM:**

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Students are required to wear the ETO School uniform, which is a traditional white wrapped jacket displaying the school logo on the back and white pants. The school patch must be sewn on the upper left chest. Only ETO Black Belts may wear black uniforms, black trimmed jackets, or and black/white combinations approved by the head instructor.

**ETO STUDENT UNIFORM & SPARRING EQUIPMENT:**

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Safety gear is **mandatory** in every martial arts class! ETO stresses "CONTROL" and "SAFETY" in every situation. Sparring gear and uniforms may be purchased from ETO's pro shop. **10% discount if bought at time of registration.**

**TESTING:**

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Belt promotions will be given on an individual basis. The ETO forbidden question is, "When do I test for my belt?" ETO encourages each student to work at his/her own pace and enjoy the process.

**\*\*\*OTHER HIGHLIGHTS:**

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Special Needs Program, CPR Certifications, Private Lessons, ETO STORM Demo Team, Birthday Parties/ Events, Tournaments, & Self Defense Seminars, Camp ETO