



CROSSKICK
TAEKWONDO FITNESS

**TAEKWONDO
POOMSAE
WINTER TEAM**

October - December 2025

Training for:

2025 Southwest Florida Championships

Saturday, December 13, 2025

@ Fort Myers Skatium

2250 Broadway, Fort Myers, FL 33901

Elevate your Taekwondo training and be a part of the Winter Team at Crosskick!



WINTER TEAM

October to December 2025

Dear Crosskick Athletes and Parents,

I'd like to invite you to join our second ever Winter Competition Team for the opportunity to compete at the 2025 Southwest Florida Championships this December!

Joining the team at Crosskick Taekwondo will be more challenging than our regular classes. We will have training sessions that are separate from our normal classes – and we'll focus on learning new techniques, preparing for competition, and growing in confidence, discipline, and athleticism!

It's time to put our Taekwondo skills to the test. Let's go!

Cheers,

Master Michelle Caluag



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WINTER TEAM

Requirements

- Winter Team fee of \$200.
- Must purchase Crosskick Sparring Gear set (if competing in sparring).
- Must register for 2025 Southwest Florida Championships.
- Must have Taegeuk 1 memorized.
- Attendance during regular classes.
- Discipline, hard work, and Team practice attendance – required for the best results!

Team Benefits

- Team Backpack.
- Team Sports Vest.
- Specialized Winter Team training sessions and additional class attendance.
- Teamwork, camaraderie, and exposure to USA Taekwondo tournaments.
- Specialized USA Taekwondo coaching that focuses on competition results.
- An unforgettable Taekwondo season leading up to our second Taekwondo tournament!