

# FAMILY TAE KWON DO

LIL' DRAGONS/BEGINNING  
TAE KWON DO  
5:30PM - 6:25PM  
AGES: 5 AND UP

Romulus  
**RA** Athletic  
Center



INTERMEDIATE / ADVANCED  
TAE KWON DO  
6:30PM - 7:25PM  
AGES: 5 AND UP

**\*RATES\***

MEMBERS

**\$35**

NON-MEMBERS

**\$40**

**NOVEMBER 27TH-DECEMBER 20TH**  
**4 WEEK HOLIDAY MINI-SESSION**  
(JUST 4 WEEKS! DONE BEFORE THE HOLIDAYS!)  
**MONDAYS & WEDNESDAYS**

\* DRESS COMFORTABLY WITH LOOSE FITTING CLOTHES, SUCH AS SWEATS

\* UNIFORMS ARE AVAILABLE - SEE INSTRUCTOR FOR MORE DETAILS

CLASS IS TAUGHT BY:

PAUL ANTOLIN  
5TH DEGREE BLACK BELT  
MASTER INSTRUCTOR

CERTIFIED THROUGH  
THE WORLD TAEKWONDO  
FEDERATION

TEACHING MARTIAL ARTS  
FOR OVER 30 YEARS

THIS CLASS IS DESIGNED TO INTRODUCE THE BASICS OF THE ART OF TAE KWON DO, EMPHASIZING DISCIPLINE, RESPECT, CONCENTRATION, AND PHYSICAL FITNESS & COORDINATION. SELF-DEFENSE IS ALSO LEARNED THROUGH VARIOUS STRIKING & BLOCKING TECHNIQUES DEVELOPING CONFIDENCE AND SELF ESTEEM.

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