



FAMILY TAE KWON DO

SEPTEMBER 17TH - OCTOBER 24TH
(6 WEEK SESSION)

MONDAYS & WEDNESDAYS



| LIL' DRAGONS/ BEGINNING | INTERMEDIATE | ADVANCED |
|----------------------------|-----------------|-----------------|
| AGES: 5 AND UP | AGES: 5 AND UP | AGES: 5 AND UP |
| 6:30PM - 7:15PM | 6:30PM - 7:30PM | 6:30PM - 7:50PM |
| RATES: | RATES: | RATES: |
| \$50 MEMBER | \$55 MEMBER | \$60 MEMBER |
| \$60 NON-MEMBER | \$65 NON-MEMBER | \$70 NON-MEMBER |

SAVE \$10 OFF FOR EACH ADDITIONAL FAMILY MEMBER

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.



*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

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