



Tae Kwon Do

Tae Kwon Do is a modern martial art based on Korean traditions that incorporate the techniques of kicking, punching, and blocking. Learn self defense and controlled movements through sparring. This is a great class to develop discipline, strength, stamina, & flexibility! Join at anytime-the fee will be pro-rated! Please wear comfortable clothing. Testing and uniforms are available for an extra fee through the instructor; Mr. Bill Frauly, 3rd DAN black belt,WTF.

Dates: **Session 1: Jan. 4 - March 21**
 Session 2: April 2 - May 23

TotalTKD.com

Location: **Westwood Middle School Gym Balcony**
 711 - 91st Ave NE



Ages 5 - 7 & Parent	Ages 8 - 12	Ages 13 & Up
Mondays	Mon. & Wed.	Mon. & Wed.
6:15 - 6:45pm	6:45 - 8pm	8 - 9:15pm
\$30 child/parent	\$60/session	\$60/session

Tae Kwon Do is a workout for the mind as well as the body, focusing on self-defense, physical & mental fitness, and self discipline. Classes are tailored to each individual student to promote a fun, healthy workout in a friendly, encouraging, and safe environment. Not sure if you want to join? Stop by during any scheduled class to check it out!

Registration information on the back of this flyer!

BLAINE PARK AND RECREATION - blaineparks.com



