



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, WTA. www.TotalTKD.com

Dates: Fall Session: September 20 to December 8 Parks and Recreation
(no classes: Oct 18, 20, Nov. 22, 24, Dec. 6)

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

Max: 20 per class



| 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 per child/parent | \$60 | \$60 |
| Sept. 20 - Nov. 29 | Sept. 20 - Dec. 8 | Sept. 20 - Dec 8 |

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!



