

# SE JONG TAE KWON DO

## Korean Martial Art

Learn the art of Hand and Foot. Develop discipline, confidence, and Fitness.

- Learn blocks, punches and kicks
  - Learn forms
  - Learn self defense
  - Learn together as a family



**Ages: 6 & up (children under 10 must be accompanied by an adult)**

**Where: Carolina Beach Recreation Center**

**When: Wednesday nights 7:00-8:00 pm**

**Class is a aprox. 6 month course. Call**

**Recreation Center to reserve your spot in the next class.**



# Cost: FREE

For more information please call the Recreation Center  
458-2977

