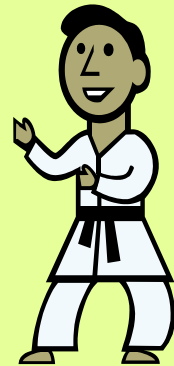


SE JONG TAE KWON DO

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
 - Family Program



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

Beginner Class (6:00-7:00 pm)
Advanced Class (7:00– 8:00 pm)
Cost: FREE



For more information please call the Recreation Center
458-2977

