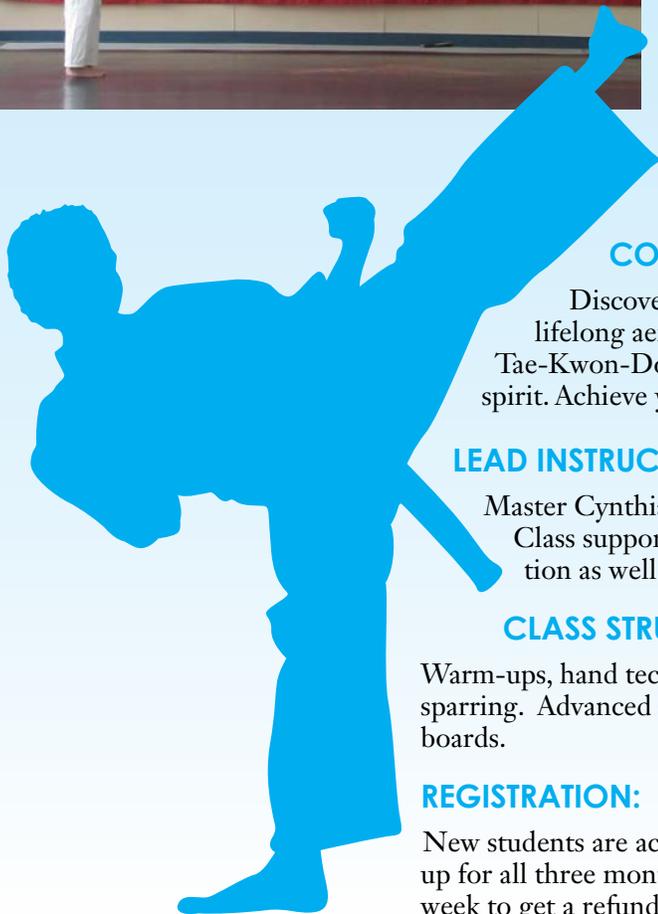




# Martial Arts @ SWCC



## Tae Kwon Do - First Kicks age: 5-7

A beginning class in Tae Kwon Do, a Korean martial art similar to Karate. The class teaches self-defense using kicks, blocks, punches, strikes both as an exercise program & as a means of self-defense. Flexibility & strength are increased through movement developed over hundreds of years in Asia. Emphasizes cooperation, self control & a non-competitive, non-violent approach to martial arts.

Location: Multi

1022709	Tu	4/7-4/28	5:30-6:15pm	Brown	\$30
1022710	Tu	5/5-5/26	5:30-6:15pm	Brown	\$30
1022711	Tu	6/2-6/30	5:30-6:15pm	Brown	\$30

## Tae Kwon Do - Traditional age: 7 & up

Come get your "kicks with us!" Discover a traditional non-contact Korean martial art. Great lifelong aerobic exercise for the entire family. Emphasis on the five tenets of Tae Kwon Do: courtesy, integrity, perseverance, self-control and indomitable spirit. chieve your black belt goals! **Location:**

**Gym**

1022715	Tu Th	4/2-4/30	6:30-7:30pm	Brown	\$50
1022716	Tu Th	5/5-5/28	6:30-7:30pm	Brown	\$50
1022717	Tu Th	6/2-6/30	6:30-7:30pm	Brown	\$50

### COME GET YOUR 'KICKS' WITH US!

Discover the traditional Korean martial art of Tae-Kwon-Do. Great lifelong aerobic exercise for the entire family. Emphasis on the 5 tenets of Tae-Kwon-Do: courtesy, integrity, perseverance, self-control, & indomitable spirit. Achieve your black belt goals!

### LEAD INSTRUCTORS:

Master Cynthia Brown, 6th degree & Aaron Brown, 5th degree black belts. Class supported by additional Black belts allowing for small group instruction as well.

### CLASS STRUCTURE:

Warm-ups, hand techniques, forms, kicking drills, combination & non-contact sparring. Advanced students demonstrate strength through the breaking of woods boards.

### REGISTRATION:

New students are accepted throughout the month. Class is very popular, so sign up for all three months or risk being bumped. Registrants must drop by end of 1st week to get a refund.

