

Great Lakes Taekwondo Is offering Family Taekwondo Summer '10

In affiliation with Allegan
Recreation Department

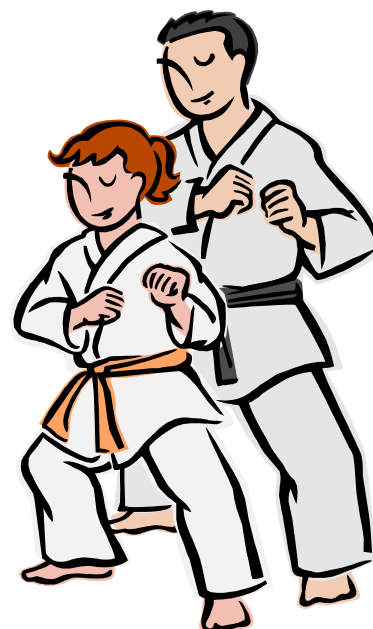
Who: Men, Women and Children

When: Tuesdays and Thursdays

Time: 6:00—7:00 pm

Where: Allegan High School Event Center

Dates: May 1st — September 4th



Taekwondo is a Korean Martial. The word literally means “the art of kicking and punching”. It is a form of self defense as well as a system of competition who superior techniques have won it international recognition. Since its techniques are constantly being improved modern Taekwondo is the fastest growing and most advanced martial art form in the world.

Classes Promote

- *Self Defense
- *Weight Loss
- *Self Confidence
- *Flexibility
- *Self Discipline
- *Listening Skills
- *Positive Attitude
- *Respect

You will learn martial arts in a fun, exciting and positive environment from our **Certified Instructor**. This course is for men, women and children ages 4 and up.

Classes run in one month sessions, and the cost is \$55/month

Call Rafael Today!

269-673-5429