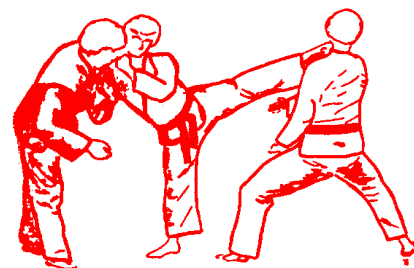


TAE KWON DO Korean Karate



& Self Defense CHURCH OF THE HOLY SPIRIT

3 Haytown Road, LEBANON N.J.

WEDNESDAYS 6:30-8:30pm

Cost of Class: \$150 for 3 months

The student of Tae Kwon Do learns the skills of self defense by managing six tenets: **Power, Speed, Focus, Balance, Control and Relaxation.** Each of these is emphasized in the practice and drills in which the student participates. Progress is made from the level of White Belt in ascending order to Yellow Belt, Green Belt, Purple Belt, Brown Belt, and finally, Black Belt.

The American Tae Kwon Do Academy has been providing classes locally since 1990, and has one of the largest and most successful Chung Do Kwan schools in the USA! This traditional Tae Kwon Do class is rigorous, effective, and lots of fun! Kids, Adults and FAMILIES will learn setting and achieving goals, mutual respect, and confidence by learning self-defense in a fun, safe, and FRIENDLY environment.

For more information call us at (908) 391-8809 and ask for Frank Coppola, email INFO@ATKDA.com or visit our website at:

www.ATKDA.com

Family Exercise With A Purpose