



# TAEKWON-DO IS MORE THAN FITNESS...

## ADULT TAEKWON-DO PROGRAM

There are many adult fitness choices, but only TAEKWON-DO trains the whole person - BODY, MIND, AND SPIRIT - to achieve complete wellness. In today's complex and competitive world, physical fitness is not enough; you need to empower and strengthen your confidence, control and concentration.

Our professional instructors will help to make your body hard as well as supple; to develop a mind both focused and flexible and create a balance to carry you through every challenge. Rediscover your vigor, your positive outlook on life and the characteristics which define your personality and values. Success in TaeKwon-Do re-affirms your success in life and prepares you for even greater achievements in the future.



Amanda Hurben  
5X ITF World  
Champion

**\$69.00**

**NEW STUDENT INTRO**  
4 Weeks of Classes  
Includes Uniform

**\$99.00**

**NEW STUDENT INTRO**  
8 Weeks of Classes  
Includes Uniform

**\$159.00**

**NEW STUDENT INTRO**  
BUDDY UP! 2 People - 2 Months  
Includes Uniform

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