

# NEW CLASSES ADDED!

# TAEKWONDO



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

(Ages 7- Adult) Gain focus and strength in Taekwondo. Our Olympic-style martial arts class will teach all ages Jidokwan Taekwondo to build strength, flexibility, balance and confidence. Along with the physical skills, students will develop discipline and leadership while having fun. Taekwondo is characterized by quick footwork and high jumping spinning kicks. All classes held at the Aspirus Branch 7- 8 pm.

- Learn self defense
- Get in shape
- Have fun
- Challenge yourself!



This is not a Wausau School District sponsored activity and the opinions expressed are not necessarily those of the school district or its personnel.

**Mondays**  
**ADVANCED TAEKWONDO**  
High Green- Black belt students who have been in taekwondo for some time. This class will allow our advanced students the ability to learn new and advanced techniques.

**FEES:**  
Members.....\$75  
Non-Members.....\$95

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**Tuesdays**  
**BEGINNER TAEKWONDO**  
An introduction to Taekwondo that will build a strong foundation allowing students to progress in skill and ability.

**Thursdays**  
**ADV. & BEGINNER CLASS**  
Class combines both Taekwondo groups to work on their sparring skills.

**Times: 7 pm- 8 pm**  
**Aspirus Branch Studio A**

**FEES:**  
Members.....\$65  
Non-Members.....\$85  
(Half off the cost for additional family member)

Black Belts are issued by the Kukkiwon which is the world headquarters for Taekwondo and recognized worldwide.