



Taekwondo

Tuesday and Thursday
4-5 PM
\$25.00 per month
Ages 4 and up
Instructor: Arturo Abuga-a



Tae Kwon Do (also known as Taekwondo) is the art of self defense that originated in Korea. It is recognized as one of the oldest forms of martial arts in the world, reaching back over 2,000 years.

The core principles of both Taekwondo (or Tae Kwon Do) and Karate stress self-discipline and a high code of personal conduct.

*Taekwondo Benefits..... Enhance self-esteem by heightening your physical and mental powers. Build confidence by encouraging **you** to succeed and to take control of your life. Develop discipline by thoroughly training your body and mind in the tenets and techniques of Taekwondo.*

跆拳道	태	TAE	means "Foot", "Leg", or "to step on"
	권	KWON	means "Fist" or "Fight"
	도	DO	means "Way" or "Discipline"