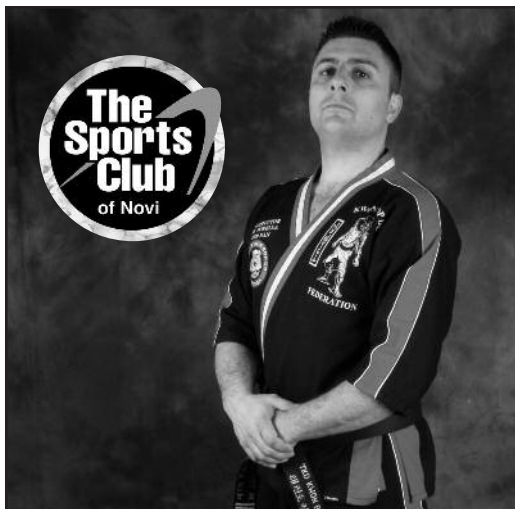


Martial Arts for Children, Teens and Adults

Tae Kwon-DO...A way of life

Tae Kwon-Do indicates the mental and physical training of unarmed combat for self-defense as well as health. It involves punches, kicks, blocks, and dodges with use of both your hands and feet. Self discipline and respect are key elements to the success of this martial art.



Alfredo Torella International Instructor (pictured above)

Mr. Torella is a fourth degree black belt of the TKD KWON BOP DO Federation. He has over 15 years of Martial Arts experience working with both children and adults in the United States and Italy.

- Head World Sokeship Council Hall of Fame 2010 Inductee International Instructor Award of the Year
- Head World Sokeship Council Fighter of the Year Award 2006
- Action Martial Arts Magazine Hall of Fame 2006
- Find Alfredo Torella on You-Tube, Kwon Bop Do 1 and visit www.igormartialarts.com

“New” Tae Kwon-Do Belt Program

Our program is designed to introduce all ages to Tae Kwon-Do. We offer belt and self-defense classes for children, teens and adults. The Belt Program will result in the awarding of belts that represent your level of progress in the program. Self-defense class will develop defense techniques, increase strength, flexibility and overall fitness.

We will help your child...

- To develop martial art techniques and self defense skills.
- Achieve an A+ attitude, while developing self-confidence
- Learn self-discipline
- Increase their strength, coordination and athletic abilities
- Improve listening skills, concentration and focus

Adult students will enjoy...

- Multi-dimensional fitness training
- Positive workout environment (as compared to traditional exercise)
- Improved endurance, flexibility and strength
- Will develop self defense and awareness skills

Martial Arts 1

Tues	6:15-7:15 pm
Wed	6:15-7:15 pm
Thurs	6:15-7:15 pm
Fri	6:15-7:15 pm
Sat	11:30 am-12:30 pm

Martial Arts 2

Tues	7:15-8:15 pm
Wed	7:15-8:15 pm
Thurs	7:15-8:15 pm
Fri	7:15-8:15 pm
Sat	12:30-1:30 pm

Adult Self Defense/Adult Martial Arts

Wed	8:15-9:15 pm
Fri	8:15-9:15 pm

Cost (per month):

Fitness Member	\$68
Program & Tennis Member	\$76

