

McKenna Taekwondo Centres

presents

Beginner Taekwondo Course

IMPROVES:

*CONCENTRATION
SELF-CONTROL
PHYSICAL FITNESS
SELF DEFENSE
CONFIDENCE*

Beginner course covers:

Intro martial arts, street proofing, bully proofing, and self-defense.



When: Saturdays 12:00 - 1:00 pm (ages 4 to 7)

Monday, Wednesday and Friday, 7:00 – 8:00 pm (ages 7+)

Where: McKenna Taekwondo 875 Main St. (Watershed building)

Name: _____ Age: ____ Phone: _____

Address: _____

Email: _____

***\$24.99 1MTH INTRO
SPECIAL***

McKenna Taekwondo, 875 Main St., Dartmouth (Watershed building)

Call 462-Kick (5425) or 223-7084

mckenna@ns.sympatico.ca