

MARTIAL ART PLUS ~ FALL SCHEDULE ~ 407-847-6866

TESTING SEPTEMBER 15






Friday @ 7:00 pm
Testing fees are due Sept 4!
Families & Friends are welcome!

AFTERSCHOOL PROGRAM

*FREE School Pick-Up *Homework Help
*TaeKwonDo Class Every Day
*Safety Awareness *Bully Prevention Program
*Exciting Games *Camp Days *Snack

MEET YOUR INSTRUCTORS

Instructor Joey Templeton:
Over 25 years in Traditional & Olympic TaeKwonDo
Instructor Gary Nolasco:
Over 15 years in Karate, Self-Defense, MMA, & Weapons!
Instructor Gino Rodriguez:
Over 10 years experience in TaeKwonDo!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>5:30 PM KIDS TAEKWONDO</p> <p>BASIC STANCES & BLOCKS</p> 	<p>5:30 PM KIDS TAEKWONDO</p> <p>COMBINATIONS & KICKS</p>	<p>5:30 PM KIDS TAEKWONDO</p> <p>FORMS & TECHNIQUE</p>	<p>5:30 PM KIDS TAEKWONDO</p> <p>BLOCKS & KICKING BAGS</p> 	<p>5:30 PM KIDS TAEKWONDO</p> <p>KIDS SELF-DEFENSE, FALLS & ROLLS</p>	<p>11:00-11:45 am TAEKWONDO</p> <p>11:45-12:15 FORMS</p>
<p>6:15 PM WEAPONS Instructor Gary</p>	<p>6:15-7:00 PM TAEKWONDO ALL Belt Levels Instructor Gino</p>	<p>6:15-7:00 PM TAEKWONDO ALL Belt Levels Instructor Gary</p>	<p>6:15-7:00 PM TAEKWONDO ALL Belt Levels Instructor Gino</p>	<p>6:15 PM SPARRING</p>	
	<p>7:00-7:15 PM ADVANCED TKD (Falls & Rolls: Green Belts & Higher) AND ADULTS Instructor Gino</p>	<p>7:00-7:15 PM SELF-DEFENSE (14 & up or Green Belts & Higher) AND ADULTS Instructor Gary</p>	<p>7:00-7:15 PM Rhythm TKD <i>Cardio, Basics & Music</i> Instructor Gino <i>Great Workout for the Entire Family & Adults!</i></p>		<p>HOLIDAY JAMBOREE TOURNAMENT IN DECEMBER! More information coming soon!</p>

www.martialartsplus.net

태권도

Ask about our FAMILY SPECIALS

태권도

www.martialartsplus.net

Self-Defense

TaeKwonDo

Weapons

Sparring

Afterschool

Dragon Team

Space available during weekend hours for seminars, birthday parties and church groups!

Reasonable rates! Call for information: 407-847-6866.