



Tae Kwon Do Lesson

What is TaeKwonDo ?

TAE means "to kick or squash with the foot"

KWON implies "a hand or fist to block, punch, strike or destroy"

DO denotes an art or a way.

Instruction in :

OLYMPIC &
TRADITIONAL STYLE

Tae Kwon Do &
HAPKIDO

WOMEN'S SELF
DEFENSE

Cardio KICK BOXING
CARDIO

CONDITIONING

MOVIE STYLE ACTION

TAEKWONDO

WE DEVELOP

**DISCIPLINE
RESPECT
SELF-ESTEEM
CONCENTRATION
PHYSICAL FITNESS
CONFIDENCE**

Korean Masters

Yoon 6th Degree

Jun 5th Degree

Black Belt

Fee: \$60 Per Month
Uniform: \$30 plus
shipping and handling

Meets 2 times per week
at Broadfording
Christian Academy

13535 Broadfording Church Rd.

Hagerstown MD 21740

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