



## Tae Kwon Do

**Saturdays**

**12:30 PM-1:30PM Beginner (White and Yellow belts)**

**1:50 PM-2:50PM Advance (Green, Blue, Brown belts)**

Get Ready to acquire disciplined fighting skills with an emphasis on self-defense and form. Tae Kwon Do is an excellent way to build confidence as well as great exercise for both youth and adults. Now is the time to begin or continue your education in the Korean 'art of the foot and the fist' and **Do** what it takes to become a better you. A combination of combat techniques, self-defense, sport, exercise, meditation, and philosophy. It is claimed as the world's most popular martial art and it is offered right here at the Bond Community Center.

**Winter 2| February 29th - April 11th**

**Members: \$50**

**Non-Members: \$75**

Advanced Registration is Requested

Bond Community Center | 920.834.5585  
1201 Park Avenue | Oconto, WI 54153



**Skylyn Thundercloud,  
Instructor**