

REGISTER FOR TAE KWON-DO BEGINNER'S CLASS

AIM TO ACHIEVE

- SELF-CONTROL
- SELF-DISCIPLINE
- SELF-CONFIDENCE
- PHYSICAL FITNESS
- PERSEVERANCE
- LEADERSHIP DEVELOPMENT
- COORDINATION DEVELOPMENT
- BETTER SOCIAL SKILLS
- STRESS RELIEF
- RESPECT FOR OTHERS
- INCREASED ATTENTION SPAN



**AMR SKIES Studio,
154 Kauhini Road, Bldg 1782**

MONDAYS & WEDNESDAY

(ages 7-18 years)

Beginners	4:30 – 5:15
Intermediate	5:15 – 6:00
Intermediate II	6:00 – 6:45
Advanced	6:45 – 7:30

**SCHOFIELD SKIES Studio,
241 Hewitt, Bldg 1283**

TUESDAY & THURSDAY

(ages 7-18 years)

Intermediate	4:15– 5:00
Beginners	5:00 – 5:45
Intermediate II	5:45 – 6:30
Advanced	6:30 – 7:15

All youth must be registered with Child Youth Services to enroll into Tae Kwon-Do. For registration information call Child & Youth Services at Aliamanu (AMR)# 808-833-5393 or Schofield Barracks # 808-655-5314. Registration deadline, 30th of the month prior. Classes are not held on Federal Holidays. Cost is \$55 for the month. For more information call: Master I. M. Kang at 808-367-8051