

MARTIAL ARTS

Information: 303.987.5407 (CWRC), 303.987.7834 (LINK/GMRC)

TAE KWON DO AT GMRC

Learn a Korean form of martial arts that promotes perseverance, coordination and discipline, all while teaching self-defense based on jiu jitsu, hapkido and judo principles. Earn your ranking through the Moo Duk Kwan Tae Kwon Do Association. Classes include students of all levels.

Ages: 6 and up

\$39 Resident, \$55 Nonresident

Activity #	Date	Day	Time	Loc
150100-01	Jan 6-27	Tue	6:30-7:45 pm	GMRC
150100-02	Feb 3-24	Tue	6:30-7:45 pm	GMRC
150100-03	Mar 3-31	Tue	6:30-7:45 pm	GMRC
150100-04	Apr 7-28	Tue	6:30-7:45 pm	GMRC
150100-05	May 5-Jun 2	Tue	6:30-7:45 pm	GMRC

(No class Mar 24, May 19)

TAE KWON DO AT THE LINK

The benefits of Tae Kwon Do include discipline, strength, balance, coordination and self-confidence. Learn beginning to expert techniques in self-defense, forms, sparring, board/concrete breaking and weapons! Earn your rank through the Moo Duk Kwan Tae Kwon Do Association. Classes include students of all levels. Choose from one, two or three days per week.

Ages: 6 and up

One day/week: \$35 Resident, \$45 Nonresident

Two days/week: \$59 Resident, \$75 Nonresident

Three days/week: \$79 Resident, \$99 Nonresident

Activity #	Date	Day	Time	Loc
150101-01	Jan 6-31	Tue,Thu	6:30-7:30 pm	LINK
		Sat	9:15-10:15 am	
150101-02	Feb 3-28	Tue,Thu	6:30-7:30 pm	LINK
		Sat	9:15-10:15 am	
150101-03	Mar 3-Apr 4	Tue,Thu	6:30-7:30 pm	LINK
		Sat	9:15-10:15 am	
150101-04	Apr 7-May 2	Tue,Thu	6:30-7:30 pm	LINK
		Sat	9:15-10:15 am	
150101-05	May 5-30	Tue,Thu	6:30-7:30 pm	LINK
		Sat	9:15-10:15 am	

(No class Mar 24-26, May 23)

KINDER KICKS AT THE LINK

This class is an introduction to martial arts for young children. The instructor will teach Tae Kwon Do with a focus on fun and exercise. The student will leave the class with the basic knowledge of commands and form.

Ages: 3-5

\$29 Resident, \$39 Nonresident

Activity #	Date	Day	Time	Loc
150106-01	Jan 3-31	Sat	9:15-10:15 am	LINK
150106-02	Feb 7-28	Sat	9:15-10:15 am	LINK
150106-03	Mar 7-Apr 4	Sat	9:15-10:15 am	LINK
150106-04	Apr 11-May 2	Sat	9:15-10:15 am	LINK
150106-05	May 9-Jun 6	Sat	9:15-10:15 am	LINK

(No class Jan 17, Mar 28, May 23)

FOOTHILLS TKD AT CWRC

The purpose of this program is to teach a traditional Tae Kwon Do program as an art form to encourage family participation. The benefits include exercise, concentration, self-control, self-confidence and self-defense. Instructors are affiliated with the US TKD Federation and instruct in accordance with guidelines set by General Choi, Hong Hi, the Father of Tae Kwon Do.

Ages: 8 and up

\$39 Resident, \$55 Nonresident

Activity #	Date	Day	Time	Loc
150108-01	Jan 5-28	Mon,Wed	6:45-8:15 pm	CWRC
150108-02	Feb 2-25	Mon,Wed	6:45-8:15 pm	CWRC
150108-03	Mar 2-Apr 1	Mon,Wed	6:45-8:15 pm	CWRC
150108-04	Apr 6-29	Mon,Wed	6:45-8:15 pm	CWRC
150108-05	May 4-Jun 1	Mon,Wed	6:45-8:15 pm	CWRC

(No class Mar 23-25, May 25)

