



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

RESPECT DISCIPLINE STRENGTH

TAE KWON DO NORTH YMCA

Improve confidence, self-esteem, coordination, self-control and discipline. Includes stretching, kicks, forms and practical self-defense. Sign up for one session a week. Featuring award-winning and competitively ranked instructors with nearly 70 years of combined experience in martial arts.

The North YMCA's Martial Arts Program is led by 5th Degree Black Belt Tae Kwon Do Master Tony Farnan. Mr. Farnan has over 23 years of martial arts experience. He is a current student of 8th Degree Black Belt Master Chris Rangel. Mr. Farnan is also a World Power Breaking Champion in both wood and concrete. His training method involves the mind, body, and spirit. All testing and credentials are followed according to (and backed by) the United Tae Kwon Do Alliance (ITF).

Fees:

\$27 meets 1x/week

\$54 meets 2x/week

Little Warriors | ages 4-7 yrs.

Saturdays 9:00-9:45am

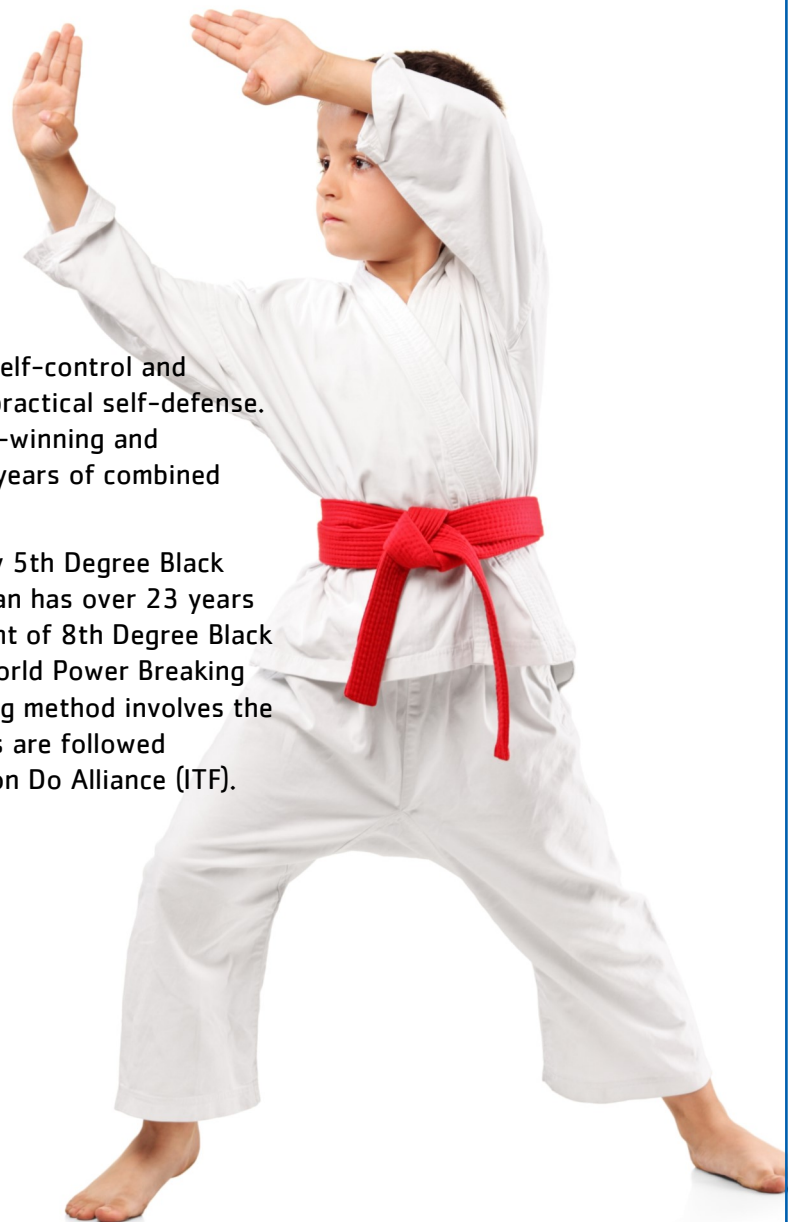
Tae Kwon Do | ages 8 & up

Tuesdays 6:45-7:45pm

NEW Saturdays 8:00-9:00am | ages 8 & up

SIGN UP TODAY

Contact: Jamie Moore | 316.858-9622 | jamie@ymcawichita.org



Greater Wichita YMCA | ymcawichita.org
facebook.com/ymcawichita