

AFTER SCHOOL TAEKWONDO PROGRAM AT THE VALLEY CATHOLIC ELEMENTARY SCHOOL

- ⇒ **Respect**
- ⇒ **Discipline**
- ⇒ **Self-Defense**
- ⇒ **Confidence**
- ⇒ **Focus**
- ⇒ **Self-Control**
- ⇒ **Reduced Aggression**

Grade K-5

We teaching kids to keep focus. The Taekwondo training improve physical condition, teaching the Self-defense techniques, our students studies the traditional martial art discipline and Taekwondo spirit.

Our high energy classes will focus your child's energy in a positive and productive manner.

At the end of the program — Evaluation Test or Promotion Test (if meet requirements).



Also you can send your application to: 4130 SW Lombard Ave #120, Beaverton
OR 97005, or e-mail: limtkd2012@gmail.com

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