

VALLEY CATHOLIC SCHOOL

AFTER SCHOOL TAEKWONDO PROGRAM

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

**Thursdays
2:50-3:50**

10 weeks

Grade K-5



We will teach kids to keep focus, improve physical condition, learn the Self-defense techniques, study the traditional martial art and Taekwondo spirit.

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

Send your application to limtkd2012@gmail.com