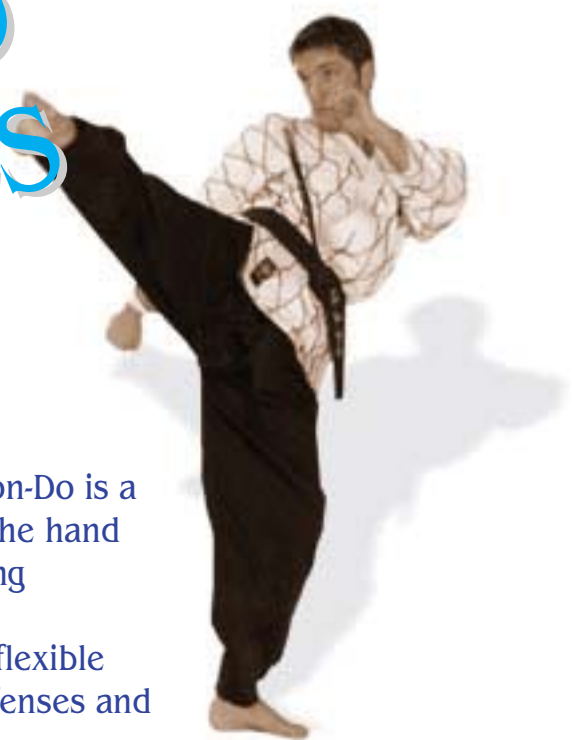




**Toby Wells YMCA • 5105 Overland Avenue
858-496-9622**

TAEKWON-DO AT TOBY WELLS YMCA



You are about to begin an exciting journey. Taekwon-Do is a “way of life”. Taekwon-Do, literally means, the “way of the hand and foot”. You will learn many different hand and kicking techniques.

We stress technique. You will become much more flexible and fit. We teach self-defense techniques which are defenses and escapes to different types of offensive moves.

You will also learn “forms” which are pre-set number of movements in response to attacks for imaginary opponents. Each form has a timing and beauty of its own. As you advance through the different color belt ranks toward black belt you will amaze yourself with the things you have learned. We also teach 1-step and 3-step sparring and weapons defense.

All of this is taught in a safe and supervised environment. We are not teaching people to hurt each other but to help one another learn a graceful and powerful martial art. Welcome to the Taekwon-Do family at Toby Wells YMCA.

(These classes are for those 13 years of age and up.)

Instructors: Donald Levine, Ellis Jones & Matt Yubas

Tuesday

6:30 p.m. - 8:00 p.m.

Ellis Jones

Wednesday

5:30 p.m. - 6:30 p.m.

Terry Rizzo

Friday

5:00 p.m. - 6:30 p.m.

Don Levine

NOW FREE!