

SELF DEFENSE



SHORIN RYU - Beginners

CODE: 440406A

Ages: 8 – 12 years
Day: Tuesday / 10 weeks
Date: 6/22 -8/24
Time: 6:00 - 7:00 pm
Fee: \$45.00
Location: Evergreen Elementary School Gym
Instructor: Duke Vo

SHORIN RYU - Beginners

CODE: 440406B

Ages: 13 & up
Day: Thursdays
Date: 6/24 – 8/26
Time: 6:00 - 7:00 pm
Fee: \$45.00
Location: Evergreen Elementary School Gym
Instructor: Duke Vo

SHORIN RYU – Advanced

CODE: 440406C

Ages: 12 & up
Day: Tuesdays & Thursdays / 10 weeks
Date: 6/22- 8/26
Time: 7:00 – 8:00 pm
Fee: \$60.00
Location: Evergreen Elementary School Gym
Instructor: Duke Vo

SHOTOKAN KARATE

Shotokan Karate is a traditional Japanese martial art. All students will be trained in stances, body movement, blocking, punching, kicking and striking. Advanced students may be taught throwing and joint manipulation techniques. Students will develop both physically and mentally as the classes will be conducted stressing the principles of character, sincerity, effort, etiquette and self control. Classes will be conducted using Japanese terminology. Ranking examinations, training camps, and tournaments will be available through the International Shotokan Karate Federation (ISKF) for additional fees for those students interested. Uniforms will also be available for purchase.

CODE: 440404A

Ages: 7and up ALL LEVELS
Date: 6/29 -9/2
Days: Tuesdays & Thursdays/ 10 weeks
Time: 6:00 - 8:00 pm
Fee: **\$70.00**
Location: Carver Recreation Center [Map/Directions](#)
Instructor: Paul Willoughby



Continued on next page...

BEGINNERS TAE KWON DO

Tae Kwon Do is a form of oriental martial arts composed of diverse offensive and defensive movements. It includes physical techniques and mental discipline. In the course of Tae Kwon Do practice, children are sure to find themselves more self confident, armed with strengthened will power and free of petty envy or cowardice. The spirit of Tae Kwon Do is a philosophical guide toward a happy and healthy life, both physically and mentally. These are 10 week programs. Students may sign up for one 10 week session per session.

Location: **Black Belt Academy, California MD** [Map/Directions](#)
Day: **Monday, 6/28 – 8/30**

CODE	TIME	FEE	AGES
440405 A	4:20 - 5:10 pm	\$55	4 & Up
440405 B	5:10 - 6:00 pm	\$55	4 & Up
440405 C	6:00 - 6:50 pm	\$55	4 & Up
440405 D	6:50 - 7:40 pm	\$55	4 & Up
440405 E	7:40 - 8:30 pm	\$55	4 & Up

Day: **Tuesday, 6/29- 8/31**

CODE	TIME	FEE	AGES
440405 F	5:10 - 6:00 pm	\$55	4 & Up
440405 G	6:00 - 6:50 pm	\$55	4 & Up
440405 H	6:50 - 7:40 pm	\$55	4 & Up

Day: **Wednesday, 6/30- 9/1**

CODE	TIME	FEE	AGES
440405 I	4:20 - 5:10 pm	\$55	4 & Up
440405 J	5:10 - 6:00 pm	\$55	4 & Up
440405 K	6:00 - 6:50 pm	\$55	4 & Up
440405 L	6:50 - 7:40 pm	\$55	4 & Up
440405 M	7:40 - 8:30 pm	\$55	4 & Up

Day: **Thursday, 7/1- 9/2**

CODE	TIME	FEE	AGES
440405 N	5:10 - 6:00 pm	\$55	4 & Up
440405 O	6:00 - 6:50 pm	\$55	4 & Up
440405 P	6:50 - 7:40 pm	\$55	4 & Up

Day: **Fridays, 7/2- 9/3**

CODE	TIME	FEE	AGES
440405 Q	4:20 - 5:10 pm	\$55	4 & Up
440405 R	5:10 - 6:00 pm	\$55	4 & Up
440405 S	6:00 - 6:50 pm	\$55	4 & Up
440405 T	6:50 - 7:40 pm	\$55	4 & Up
440405 U	7:40 - 8:30 pm	\$55	4 & Up

Day: **Saturday, 7/3- 9/4**

CODE	TIME	FEE	AGES
440405V	9:30 - 10:20am	\$55	4 & Up
440405W	10:20 - 11:10am	\$55	4 & Up



Continued on next page...

BEGINNERS TAE KWON DO

Location: **Black Belt Academy, Leonardtown MD** [Map/Directions](#)

Day:	Monday, 6/28- 8/30		
CODE	TIME	FEE	AGES
440407 A	5:10 - 6:00 pm	\$55	4 & Up
440407 B	6:00 - 6:50 pm	\$55	4 & Up
440407 C	6:50 - 7:40 pm	\$55	4 & Up
440407 D	7:40 - 8:30 pm	\$55	4 & Up

Day:	Tuesday, 6/29- 8/31		
CODE	TIME	FEE	AGES
440407 E	5:10 - 6:00 pm	\$55	4 & Up
440407 F	6:00 - 6:50 pm	\$55	4 & Up
440407 G	6:50 - 7:40 pm	\$55	4 & Up
440407 H	7:40 - 8:30 pm	\$55	4 & Up

Day:	Wednesday, 6/30 – 9/1		
CODE	TIME	FEE	AGES
440407 I	5:10 - 6:00 pm	\$55	4 & Up
440407J	6:00 - 6:50 pm	\$55	4 & Up
440407 K	6:50 - 7:40 pm	\$55	4 & Up
440407 L	7:40 - 8:30 pm	\$55	4 & Up

Day:	Thursday, 7/1 – 9/2		
CODE	TIME	FEE	AGES
440407M	5:10 - 6:00 pm	\$55	4 & Up
440407 N	6:00 - 6:50 pm	\$55	4 & Up
440407 O	6:50 - 7:40 pm	\$55	4 & Up
440407 P	7:40 - 8:30 pm	\$55	4 & Up

Day:	Fridays, 7/2- 9/3		
CODE	TIME	FEE	AGES
440407 Q	5:10 - 6:00 pm	\$55	4 & Up
440407 R	6:00 - 6:50 pm	\$55	4 & Up
440407 S	6:50 - 7:40 pm	\$55	4 & Up
440407 T	7:40 - 8:30 pm	\$55	4 & Up

