

DRYLAND SKI/SNOWBOARD CONDITIONING WORKOUT

Floyd Soo will get you in prime condition, ready to tackle the slopes first time out!

Starts October 1st 12 week class \$150

Tuesday's 7:30pm - 9:30pm

Members & Non-Members welcome. Register with member activities.



KARATE SESSION DATES

Session I September 9 - October 27
Registration Dates August 26 - September 7

Session II October 28 - December 15
Registration October 14 - October 27

Make-up classes to be determined by Master Floyd Soo.

Parent or Legal Guardian must accompany any child under 12 years old to class and stay in the building while the class is in session.

For inclement weather cancellation, see Master Floyd Soo for details.

TANG SOO DO (Ages 8 - Adult)

Member: \$88

Non-Member: \$98

Tang Soo Do, more popularly known as "Korean Karate," is a Korean Martial Art similar to Japanese Karate. This art has evolved into one of the most effective means of unarmed self-defense ever created. It is also a fabulous way to get in shape, increase flexibility and coordination. Master Floyd Soo has been involved in martial arts since 1967. He holds a 7th Degree Black Belt (Master Instructor Rating) in Moo Duk Kwan-Tang Soo Do. All ranks and ability levels are welcome. For ages 10 and above. THIS CLASS MEETS TWICE A WEEK.

Monday & Wednesday 7:15p.m. - 9:15 p.m.

Studio A

INSTRUCTOR'S CLASS (Black Belt)

Member: \$70

Non-Member: \$80

This class is for Instructors and Assistant Instructors in Tang Soo Do. The purpose of this class is to provide 3rd Gups and up in rank, the necessary skills to efficiently and effectively teach the techniques and tactics of Tang Soo Do to our students. Some of the subjects covered will be "Learning Styles," "Teaching Styles," "The Learning Partnership," "The Skills Development Cycle," "Proper Demonstrations and Explanations," "The Scientific Basis of TSD Techniques," etc. This class will also be the basis for all Black Belt Test preparations.

THIS CLASS ONLY MEETS ONCE A WEEK.

Thursday 7:15 p.m. - 9:15 p.m.

Studio A

SATURDAY TANG SOO DO (Ages 8 - Adult)

Member: \$70

Non-Member: \$80

This class is similar to the Monday/Wednesday Tang Soo Do class, but for students who are unable to attend during the week. THIS CLASS ONLY MEETS ONCE A WEEK.

Saturday 11:30 a.m. - 1:30 p.m.

Studio A

KID'S KARATE (Ages 5 - 7)

Member: \$78

Non-Member: \$88

Master Floyd Soo encourages parents to introduce children (ages 5 to 9) to the discipline and fun of Tang Soo Do in this class. A few other "life's lessons," (respect, focus, self-confidence, honor, integrity) will be taught along the way! Maximum of 8 students per class.

Wednesday 4:30 p.m. - 5:30 p.m.

Studio B

WOMEN'S SELF-DEFENSE SEMINAR

Member/NonMember

\$30/Person

Master Soo also teaches "reality based" self-defense seminars for women. New college students, young adults moving into new apartments, high-school girls venturing out into the workplace, ANYONE who refuses to be a victim; ALL should be trained in self-defense! In general there are two 3-hour seminars (Parts 1 & 2) that cover most aspects of personal defense that may save your life!

Saturday October 5th