

OCTOBER

Tae Kwon Do newsletter



DATES TO KNOW

In Person Classes:

October 2nd, 9th, 16th & 23rd.

5:30pm, 6:15pm & 7:00pm

October 30th-No Classes

Zoom Classes:

Tuesdays, Wednesdays &

Thursdays; 5:30 & 6:15pm

AT HOME PRACTICE

-Warm up and stretch for 20 minutes each night.

-Review Forms & Combinations.

-Practice vocabulary words and breathing exercises.

WHAT WE ARE LEARNING

Welcome to our training program!

Along with our zoom classes and private lessons we now offer three in person weekly classes.

Join us for the opportunities to learn something, get a good workout and have fun.

The art of learning Self defense is an individualistic journey and we are offering you another venue.

Each class is open to all and your participation is requested to help the growth of the program.

As students of John Chung Tae Kwon Do, all are expected to be mindful of the facility and train in our designated area wearing white uniforms. Join Us!

Method Health Club

19945 Riverside Commons Plaza

Ashburn, VA 20147

CONTACT INFO

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REGISTRATION

QUARTERLY

\$750.00

\$300/10 CLASSES

