

Adults Only Program



routine.

Adults only classes focusing on self defense and physical conditioning. Experience exercise without the boredom and repetition of a weight

Benefits

- Progress through belt levels at your own pace
- Learn to defend oneself in real life situations
- Meet new people
- Improve fitness level
- Sparring and grappling with other adults of same skill level

Curriculum

- Two 50 minute classes per week
- Monthly stripe testing
- Sparring and grappling
- Self defense skills for adults in adult situations
- Focus on fitness
- Korean terminology
- Beginner, intermediate and advanced classes



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