

KUK SOOL WON MARTIAL ARTS PROGRAM FOR TEENS & ADULTS

Our martial art program provides individuals with the unique opportunity to participate in a healthy physical activity while learning potentially life-saving skills. Our curriculum is deeply rooted in tradition, balanced with progressive and innovative teaching methods and philosophies. Through positive reinforcement and validation we create a nurturing environment that helps individuals be successful. Kuk Sool Won is a dynamic martial art system designed to improve one's quality of life and overall health. Beginners learn basic movements and skills, including kicks, hand strikes, self-defense techniques, and traditional forms as their first step on the way to obtaining their Black Belt. Each student progresses at his/her own pace with belt tests every few months. As a student's skill level advances, so does the intensity and depth of their training. Students attend two classes per week. For new students, please call ahead to schedule a FREE orientation class and wear loose-fitting, workout-type attire.

We offer two age specific classes to best meet the needs of each individual student. The Children's Class is designed for students, ages 7-12 years, whereas our **Teen and Adult Class is designed for students, ages 13 years and older**. Our programs are dedicated to helping children, teens and adults be their personal best through martial arts. Our specialized programs implement a character development program that is age-specific and developmentally appropriate. For new students, please wear loose-fitting workout-type attire for class.

For more information about these classes or to register, please contact Tiffany Bunn at (530)406-0618 o para preguntas en español, por favor pregunte por César.

Location: Senior/Multi-Use Center

Instructor: Justin Bunn

Resident Monthly Cost: 1st person - \$99, 2nd person - \$89,

3rd person + - \$79 (family discounts apply to nuclear family only)

Non-Resident Monthly Cost: 1st person - \$125, 2nd person - \$112.50, 3rd + person - \$100 (family discounts apply to nuclear family only)

KUK SOOL WON MARTIAL ARTS PROGRAM FOR YOUTH

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