



Kuk Sool Won™

Traditional Korean Martial Art

**KICK YOURSELF
INTO ACTION**



**A NEW YEAR,
A NEW YOU**

**2 LESSONS
FREE TRIAL**
Dec & Jan \$99 includes FREE uniform

3/11 Townsend Street, Malaga 6090

Call Lee on **0424 549 377** | email: info@kuksoolwon-nse.com.au | web: kuksoolwon-nse.com.au



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TINY DRAGONS (4-6 years)

- Fun & discipline
- Motor skills
- Coordination
- Listening skills
- Interacting with others



CHILDREN (7-12 years)

- Self-discipline
- Self-respect
- Respecting others
- Don't let bullies rule their life
- Healthy body = healthy mind



ADULTS (13 years +)

- Fitness
- Self-confidence
- Weight management
- Sense of achievements & purpose
- All abilities & fitness levels welcome

Class times

Mondays & Fridays
5.45 - 6.15pm

Mondays & Fridays
6.15 - 7.15pm

Mondays & Fridays
7.15 - 8.15pm

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BENEFITS

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