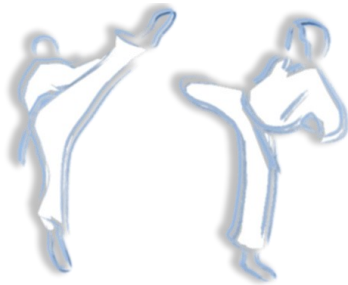


## Regional Wellness Center

# Tae Kwan Do! Winter Session

The Regional Wellness Center would like to invite you back for the winter session of Tae Kwan Do! Continue working on advancing your skills with Mr. Don Edwards. As well as learning more about the Chang Hun style of Tae Kwan Do, through learning new defensive techniques, falls, rolls, takedowns, balance and discipline!



**Day:** Mondays

**Session:** January 9<sup>th</sup> thru March 5<sup>th</sup>  
(8 Classes, No Class will be held on February 20<sup>th</sup>)

**Investment:** \$40.00 (\$25.00 for each extra family member)

Program is open to RWC Members and Public

**Payment:** Payment is required at time of registration

**Time:** Ages 4-7 at 6:20-7:05 pm  
Ages 8-13 7:10-8:0 pm

**Class will be held in the Play Block Area/Aerobics Room**

Contact Bob Grems at the RWC (712) 362-8412 or Don Edwards, Instr. at (712) 209-2131 for additional information.

## Tae Kwan Do Registration Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parent Name(s): \_\_\_\_\_

Phone Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

### Photography/Video Release:

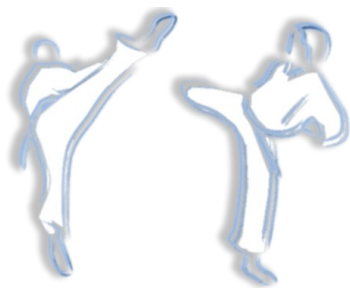
I hereby give the Regional Wellness Center permission to use photos/video of the minor named above for publicity and promotion. I hereby release and discharge the Regional Wellness Center from any and all claims arising out of the use of the photography/video or any rights that I or the minor may have in regard.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Regional Wellness Center

# Tae Kwan Do! Winter Session

This program is for all ages (ages 4-13) and physical abilities. The Chang Hun style of Tae Kwan Do will teach defensive techniques, falls, rolls, take downs, balance, and discipline. These skills will be taught with a balance of fun and effective teaching strategies within the family oriented martial arts program.



**Instructor:** Mr. Don Edwards has been teaching Tae Kwan Do in the Estherville area for 24 years.

**Ages:** 4-7 years old

**Day:** Mondays

**Session:** January 9<sup>th</sup> thru March 5<sup>th</sup>  
(8 Classes, *No Class will be held on February 20<sup>th</sup>*)

**Time:** Ages 4-7 at 6:20-7:05 pm  
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### Tae Kwan Do Registration Form

Name: \_\_\_\_\_ Age: \_\_\_\_\_  
Parent Name(s): \_\_\_\_\_ Date of Birth: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone Number: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

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