

Self Defense Great Workout Stress Relief Build Confidence



FREE 2 week introductory trial period: **Jan 14 – 24**

Han Moo Kwan Korean Martial Art – A Style of The Original TKD

New Beginners Class from January 14, 2013 through June 27, 2013

Demonstration: Thursday, Jan 10th, 5 – 6 PM, Bldg 163 Auditorium



CLASSES MEET: Monday & Thursday 5PM in Bldg 163

For more information contact Todd.A.Lilly@lmco.com

Club open to Lockheed Martin Employees, Retirees and Dependents (Age 14 and above)

Classes meet at 5:00 to 6:00 PM Mondays and Thursdays in Bldg 163

Students can choose to continue into the regular class which is right after the 2-week introduction period

Club is non-profit: \$40 fee charged for 6 months of training, promotional test, & FREE graduation dinner.

Visit our website at www.hanmookwan-svl.org

YouTube Video: <http://www.youtube.com/watch?v=jU8CvYc8xLc>

Facebook: <https://www.facebook.com/hmktkd>.

Mind, Body, Spirit



Tae Kwon Do

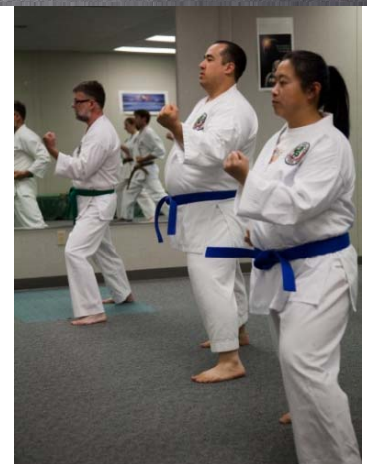
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