



# Kuk Sool Won™

Traditional Korean Martial Art

2 WEEKS  
FREE TRIAL



**TINY DRAGONS** (4-6 years)

Mondays & Fridays 5.30 - 6.00pm



**CHILDREN** (7-12 years)

Mondays & Fridays 6.00 - 7.00pm



**ADULTS** (13 years +)

Mondays & Fridays 7.00 - 8.00pm

**WE'VE MOVED! OUR NEW LOCATION: 3/11 Townsend Street, Malaga 6090**

Call Lee on **0424 549 377** | email: [info@kuksoolwon-nse.com.au](mailto:info@kuksoolwon-nse.com.au) | web: [kuksoolwon-nse.com.au](http://kuksoolwon-nse.com.au)



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## The Benefits:

### **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 achievement & purpose
- All abilities & fitness levels welcome

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