



Kuk Sool Won™

Traditional Korean Martial Art

2 WEEKS
FREE TRIAL



TINY DRAGONS (4-6 years)
Wednesdays 5.30 - 6.00pm
Saturdays 9.30 - 10.00am



CHILDREN (7-12 years)
Wednesdays 6.00 - 6.45pm
Saturdays 10.00 - 10.45am



ADULTS (13 years +)
Wednesdays 6.45 - 7.30pm
Saturdays 10.45 - 11.30am

Berry Durston Indoor Sports Centre, Centre Road, Camillo 6111

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