



Kuk Sool Won™

Traditional Korean Martial Art

2 WEEKS
FREE TRIAL

A family that
Kicks together
Sticks together



TINY DRAGONS

(4-6 years)

Wed 5.30 - 6.00pm

Sat 9.00 - 9.30am

CHILDREN

(7-12 years)

Wed 6.00 - 6.45pm

Sat 9.30 - 10.15am

ADULTS

(13 years +)

Wed 6.45 - 7.30pm

Sat 11.00 - 11.45am

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



Kuk Sool Won™

Traditional Korean Martial Art

2 WEEKS
FREE TRIAL

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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