



INTRODUCTION TO TANG SOO DO



*All Programs are taught by certified Black Belt Instructors and promote a safe and healthy learning environment. Through activities and exercises, students will improve their coordination and balance. These classes develop self-discipline to bring out the best in the students so that they achieve their goals in every aspect of life. Enjoy a great physical and mental workout **learning the ABC's of Self Defense - Aim, Backup, Confidence & Speed!** Along with the ABC's of success Verbal Self Defense skills will be presented that will enable the children to diffuse and control bullying situations.*

Sponsored By Taunton Park & Recreation

CHIEF INSTRUCTOR



Greg Mendes
Of
Mendes Tang Soo Do

WHEN: Mondays Beginning October 17th
Classes run for 5 Weeks!

WHERE: Elizabeth Pole School Gym
215 Harris Street

TIME: 6:00 PM to 7:00 PM

COST: \$30.00 Per Child
Grades K - 4



No Special Equipment needed, just wear comfortable clothes & sneakers!
For more information, or to pre-register, contact the Taunton Park & Recreation Office
at 508-821-1415. Pre-Registration is required; class size is limited.

**Graduation will be at Mendes Tang Soo Do Studio
(white belts will be awarded, board breaking demonstrations)**