

## **EJS School of Fine Arts — Martial Arts Classes**

Taekwondo is unique in athletics because it is a "Total Learning" activity. The students do not need any prior experience to participate. In fact, students of all ages practice the basic skills and are foundational to the sport and progress at their own pace.

When you join our martial arts classes, you will notice an air of dignity and discipline. The discipline you see in our class often turns into self-discipline outside the class. So, while we are drawn by the fun and challenge of the martial art, we are acquiring respect for others and a sense of personal commitment.

Everyone can benefit from Taekwondo training!

Come and try a class!

Basic Techniques

- Kicks, strikes and blocks
- Proper execution
- Coordination and flexibility

Self Defense

- Confidence building
- Instinctive training
- Bully proofing

Life Skills

- Monthly themes to instill honour, respect and other attributes.

**Classes begin Thursday, Sept 4/08- June/09**

**Tigers:** 4-6yrs                      5:00-5:45pm \$60/mo

**Intermediates:** 7-11yrs            5:45-6:45pm \$65/mo

**Teens/Adults** 12yrs and up    6:45-7:45pm \$65/mo

### **Cardio Kickboxing**

Cardio Kickboxing is a casual martial arts workout to music. You'll notice an improvement in your core condition, balance, and flexibility in a very short time.

**Classes begin Thursday, Sept 8/08- June/09**

**Teens- Adults: 7:45-8:30pm \$50/ 10 classes**

### **Theatre Martial Arts**

We will provide open training, seminars and special classes for students interested in theatre martial arts.

For more information email us at [ejsfinearts@hotmail.com](mailto:ejsfinearts@hotmail.com)

**For more information please call 604-596-4883**

**Or visit our website for information and to register online**

**[www.ejsfinearts.com](http://www.ejsfinearts.com)**