



Kuk Sool Won™

Traditional Korean Martial Art

**KICK YOURSELF
INTO ACTION**



**A NEW YEAR,
A NEW YOU**

2 LESSONS
FREE TRIAL
Dec & Jan \$99 includes FREE uniform

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 LESSONS
FREE TRIAL
Dec & Jan \$99 includes FREE uniform

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 achievements & purpose
- All abilities & fitness levels welcome

Class times

Wednesdays	Tiny Dragons	5.30 - 6.00pm
	Children	6.00 - 6.45pm
	Adults	6.45 - 7.30pm

Saturdays	Tiny Dragons	9.00 - 9.30am
	Beginner Children	9.30 - 10.15am
	Advanced Children	10.15 - 11.00pm
	Adults	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