



KOREAN KARATE

Anacortes Soo Bahk Do

A Martial Art for Life

1 month FREE Trial

OR discount on three month package

The curriculum includes classes for all ages in the traditional Korean Martial Art of Soo Bahk Do.

Adaptation is provided as needed for students with physical or developmental challenges.

Martial Arts classes are \$65 monthly for 2 or more classes per week;

Weekly "Seniors Only" class is \$40 monthly; \$50 monthly for Crouching Tigers.

Family discounts available. Private lessons also available - \$30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 AM	Adults		Adults		Adults	
9:00 AM		Adults		Adults		
10:00 AM			Seniors Only (55 and over) Call to Confirm			
3:30 PM	Crouching Tigers 4-6 yr/old	Crouching Tigers 4-6 yr/old	Crouching Tigers 4-6 yr/old	Crouching Tigers 4-6 yr/old	Self-Defense on request	
4:00 PM	Children/Families	Children/Families Beginners	Children/Families & Advanced	Children/Families Beginners	Schedule Subject to Change	
5:15 PM	Children/Families	Children/ Families	Children/ Families	Children/ Families		
6:30 PM	Teen/Adult Beginners	Teen/Adult	Teen/Adult Beginners	Teen/Adult		

Visitors always welcome to observe or participate.

Group introductory programs and self-defense workshops for your school or organization - available by appointment.

asbd@earthlink.net

<http://www.anacortessoobahkdo.com>

Colette Arvidson, Kyo Sa Nim & Andy Arvidson, Kyo Sa Nim
2117 O Avenue, Anacortes, WA, 98221

360-299-2905

Certified Instructors, Korean Soo Bahk Do Association World Moo Duk Kwan

Returning Students Special:

- 10% discount on 3 month package including private evaluation.
- Revised requirements may put you closer to advancement than you thought.
- Reduced quantity of required techniques with focus on quality of basics.
- Call for private consultation and training plan development.

Special Classes for Children, Adults, Families & Seniors.

10/13/09