

## **REGINA WEST ZONE TAEKWONDO – Experience the Power of Confidence!**

Instructed by Master Clint Norman (ITF 8<sup>th</sup> Dan Black Belt).

Taekwondo teaches the “TENETS OF TAEKWONDO”: COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL, INDOMITABLE SPIRIT. West Zone Taekwondo offers classes orientated towards a recreational family program for fitness, co-ordination and self-discipline, while learning the art of Taekwondo Self Defence. Taekwondo training for children and teens results in improved physical and mental fitness. Participants develop a heightened level of confidence and self-esteem helping children become successful and respected members of the community. Adults of all ages can benefit from the exercise leading to improved fitness and enjoyment of a healthier lifestyle.

**TRY OUT FOR FREE!** Attend any class as a spectator or wear sweat pants and a t-shirt to participate as a beginner, register anytime!

### **Fall Registration – September 24 & 26**

**COST: \$300** (Includes SFTI fee/Fundraising/Dobok/Manual)

**LOCATION:** Henry Janzen School - 222 Rink Avenue

### **CLASS TIMES (Beginner):**

Mondays & Wednesdays: 6:00 - 7:00 pm and Sundays 1:00 - 2:00 pm

For further information contact Regina West Zone Taekwondo at [wztaekwondo@gmail.com](mailto:wztaekwondo@gmail.com), 306-525-0005 or contact the West Zone Board office at [wzb@sasktel.net](mailto:wzb@sasktel.net), 306-791-0226.