REGINA WEST ZONE TAEKWON-DO
Experience the Power of Confidence!

West Zone Taekwon-Do offers classes orientated towards a recreational family program for fitness, co-ordination and self discipline, while learning the art of Taekwon-Do Self Defence. Master Clint Norman (ITF 8th Dan Black Belt) and his assistants provide instruction.

Taekwon-Do is not only physical training. It also teaches the student to observe and put to use the "TENETS OF TAEKWON-DO" – COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL and INDOMITABLE SPIRIT. Taekwon-Do training for children and teens results in improved physical and mental fitness as well as a heightened level of confidence and self-esteem and will surely aid in the development of 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.

Come out & experience the power of confidence through the art of Taekwon-Do!

ONGOING REGISTRATION: Register in person at any class – Winter Registration: January 8 & 13

Quarterly Registrations Winter – January, Spring – April,
Summer – July (no Sunday classes/location TBA), Fall - October

TRY OUT FOR FREE! Attend any beginner class.

COST: First Time Registrations $350/3 month session (Includes dobok, manual, fees, and ITF membership)

LOCATION: Henry Janzen School - 222 Rink Avenue

CLASS TIMES	**Beginner Belts:**	**Intermediate Belts:**	**Senior Belts:**
Sundays	(1:00 - 2:00 pm)	(2:00 – 3:00 pm)	(2:00 – 3:00 pm)
Mondays	(6:00 - 7:00 pm)	(7:00 – 8:00 pm)	(8:00 – 9:00 pm)
Wednesdays	(6:00 - 7:00 pm)	(7:00 – 8:00 pm)	(8:00 – 9:00 pm)

For further information contact Regina West Zone Taekwondo at wztaekwondo@gmail.com or call 306-525-0005. Or the West Zone Board at wzb@sasktel.net or 306-791-0226.