

Unified International Tae Kwon Do Federation Seminar

Instructed by
Ms. Jade Hwang
Y DAN, UITF



- ❖ ITF Tuls
- ❖ Basic Exercises
- ❖ Sparring Drills
- ❖ Bag Work
- ❖ Techniques for Jumping and Specialty Breaking

September 24, 2011

10:00am - 2:00pm

Doors Open 9:45am

Jacksonville Commons Recreation Center
Jacksonville, NC

Cost

Per Individual: \$85.00*

*Contact Hwang's TKD of Jacksonville
for information on discounts for additional
family members.

Information/Questions Contact:

Hwang's Tae Kwon Do of Jacksonville, NC

Ms. Aimee Sowder or Ms. Dawn Jauernik

Email: tkdtuffgirls@hotmail.com

<http://www.facebook.com/event.php?eid=269680603058086>

Cell: 540-514-4002 Ms. Sowder

