



TAE KWON DO CLASSES

Sign up now for this great opportunity. This is a fun and safe family oriented class that parents and kids can do together. Learn the basics of Tae Kwon Do and self-defense techniques from 2nd Degree Black Belt Ken Abrams.

Ken has been studying Tae Kwon Do for over 15 years and offers a fun, safe and unique way to learn this popular martial art, and get a well needed workout at the same time.

Classes are on **Saturdays from 10:30AM to 11:30 AM** and **Tuesdays 7:00 to 8:00 PM** at the Lynnwood Free Methodist Church:
6519 188th Street S.W.

If you are interested in attending please call **Ken Abrams** at **(206) 313-7832** or email kenalfmc@gmail.com to reserve your spot.

Tae Kwon Do Classes at the Lynnwood Free Methodist Church are offered at no cost, but a donation to the church is deeply appreciated. We have costs in providing these services, and a donation of \$20 per month helps us cover these costs. You are welcome to give more of course, or less. Because you are receiving services associated with this donation, tax-deductable receipts will only be issued for gifts in excess of \$20 per month.



*Tae
Kwon
Do*



There are only a limited number of spots available, so reserve your spot now.
www.lynnwoodfmc.com

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