



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 10 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 7:30 to 8:30 PM** at the Lynnwood Free Methodist Church:
6519 188th Street S.W.

If you are interested in attending please call **Ken Abrams** at **(425) 775-3696** or email kenalfmc@clearwire.net to reserve your spot.

Only \$20.00 a month per student.
Family Rate: \$20 for the first student and \$15 for each additional family member.



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