

# **STM TAEKWONDO PROGRAM**



## **For Boys and Girls in Grades K-8**

**You will learn:**

- Mental Focus**
- Discipline**
- Confidence**
- Courtesy**
- Integrity**
- Perseverance**
- Self Control**
- Indomitable Spirit**
- Conditioning**
- Personal Fitness**

**Great for children who cannot attend team sports**

**Wednesdays in the STM auditorium from  
3:15-4:15 p.m.**

**Session: 6 classes Belted Program ~ January 18– February 22, 2017**

**Cost: \$100 made out to Spirit Tae Kwon Do**  
**Uniforms included**  
**10% of all enrollment will go to STM**

**To reserve a space:**  
**Please call Ms. Agnes: 651-428-6172 or Master Joe: 651-428-6170**