



Cleveland Heights  
Parks & Recreation



# Kuk Sool Won

The Traditional Martial Art of Korea  
Master Bob, 6th Degree Black Belt, Instructor

## WINTER 2024

Winter 1 January 7 - February 25

Winter 2 February 26 - April 17

### Mini Kids

Ages 5 and 6

Tuesday and Thursdays  
6:00–6:30 pm  
Senior Center  
\$61 CH Residents  
\$68 Non-Residents

### Youth

Ages 7–13

Tuesdays and Thursdays  
6:30–7:30 pm  
Senior Center  
\$120 CH Residents  
\$125 Non-Residents

### Adults

Age 14–75

Tuesdays and Thursdays  
7:30–8:30 pm  
Senior Center  
\$120 CH Residents  
\$125 Non-Residents

All classes include etiquette (respectful behavior), rolling and acrobatics, safety falls, meditation practice, hand/foot striking and blocking, forms training (Hyung), and self-defense techniques.

## TO REGISTER

Scan the QR code, click on  
“2024 Winter > Martial Arts”  
and choose your class.



## CONTACT US

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One Monticello Boulevard  
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www.chparks.com