

**KOREAN**

# KARATE



**1st month FREE OR \$100 discounts**  
*on three-six month beginners package - Age 4 thru Seniors*

**Health ☺ Coordination ☺ Self-Confidence ☺ Balance**  
**Fitness ☺ Energy ☺ Discipline ☺ Flexibility ☺ Fun**

The curriculum includes classes for all ages in the traditional Korean Martial Art of Soo Bahk Do. Soo Bahk Do classes are \$65 monthly for 2 or more classes per week; \$50 monthly for Crouching Tigers. Family discounts available. Private lessons also available - \$30

TIME	DAY	CLASS
7:00 – 8:00 AM *	Mon/Wed/Fri	Adults
9:00 -10:00 AM *	Tu/Th	Adults
10:00 AM *	Wed	Seniors (65 years and over)
3:30 – 4:00 PM	Mon/Tu/Wed/Th	Tigers (4-6 years old)
4:00 - 5:00 PM	Mon/Tu/Wed/Th	Children(7 years and over) /Families/Adults
4:00 - 5:00 PM	Wed	Advanced (Red Belts & above)
5:15 - 6:15 PM	Mon/Tu/Wed/Th	Children(7 years and up) /Families/Adults
6:30 -7:30 PM	Mon/Tu/Wed/Th	Adults & Teens
7:30 – 8:30 PM	Wed	Tai Chi Chuan

\* Call to confirm morning classes.

**Visitors always welcome to observe or participate.**

Group introductory programs and self-defense workshops for your school or organization - available by appointment.  
[asbd@earthlink.net](mailto:asbd@earthlink.net)      <http://www.anacortessoobahkdo.com>

**Colette Arvidson, Kyo Sa Nim & Andy Arvidson, Kyo Sa Nim**  
 Certified Instructors, Korean Soo Bahk Do Association World Moo Duk Kwan

**2117 O Avenue - Anacortes, WA, 98221 - 360-299-2905**

**TAI-CHI CHUAN - 太極起式 - Wu Style Long Form**

**7:30 - 8:30 pm – Wednesdays - \$60 monthly**

Tai-Chi is the national exercise of China, and consists of gentle, slow movements designed to increase flexibility and coordination, reduce stress and improve circulation. Instructor, Don Magness, has been practicing Tai-chi since the mid- 1970's.

Contact Don Magness directly for more class information at 293-5282.

**Home School PE Credit Available**