



# Kuk Sool Won™

Traditional Korean Martial Art

2 WEEKS  
FREE TRIAL

A family that  
Kicks together  
Sticks together



**TINY DRAGONS** (4-6 years)

Mondays & Fridays 5.45 - 6.15pm

**CHILDREN** (7-12 years)

Mondays & Fridays 6.15 - 7.15pm

**ADULTS** (13 years +)

Mondays & Fridays 7.15 - 8.15pm

**FAMILY CLASS**

Mondays & Fridays 5.00 - 5.45pm

**3/11 Townsend Street, Malaga 6090**

**Call Lee on 0424 549 377**

email: [info@kuksoolwon-nse.com.au](mailto:info@kuksoolwon-nse.com.au) | web: [kuksoolwon-nse.com.au](http://kuksoolwon-nse.com.au)



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## TINY DRAGONS (4-6 years)

- Fun & discipline
- Motor skills
- Coordination
- Listening skills
- Interacting with others



## CHILDREN (7-12 years)

- Self-discipline
- Self-respect
- Respecting others
- Don't let bullies rule their life
- Healthy body = healthy mind



## ADULTS (13 years +)

- Fitness
- Self-confidence
- Weight management
- Sense of achievement & purpose
- All abilities & fitness levels welcome



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