



Martial Arts



Lehi Legacy Center
123 N Center St.
801-768-7124

LEHI LEGACY CENTER MARTIAL ARTS WINTER 2012

Hap Ki-Do is a Korean martial art of tactical self defense and combat. The focus is on efficiently and effectively using your opponent's aggression to your advantage. Students develop self confidence, self control and preservation for self and others. Instruction will increase fitness, strength, flexibility, balance, agility, coordination and respect for self and others.

Elements of instructional development include: evasive movements, blocking, trapping, deflecting, kicking, striking, break-falls & rolls, joint-locks, throwing, grappling, pressure point and vital point anatomy. Hap Ki-Do is a true martial art NOT a competitive sport or tournament style karate.



Classes run by
Intermountain Hap Ki-Do
Alliance
intermountainhapkido.com

Class 1 – Tue/Thur	6:30-7:30pm	(5yrs to 11yrs)
Class 2 – Tue/Thur	7:30-8:30pm	(12yrs and Up)

×QUICK FACTS

- WhatMartial Arts
 - WhereLehi Legacy Center (123 N Center St.)
 - Who5yrs and Up
 - DatesMonthly (must pay by the 20th of the previous month)
 - Fee\$65 (\$55 Lehi Resident Discount)
- There is a one-time registration fee and testing fees. Contact instructor for details.

No class dates (April 9-13)

REGISTRATION

Come to the Legacy Registration office Mon-Fri 8am-6pm
OR www.lehi-ut.gov

INFORMATION

For more information call the Legacy front desk 801-768-7124 or e-mail Shawn at mr.call@intermountainhapkido.com



www.lehi-ut.gov/legacycenter

