합기도

Martial Arts

LEHI LEGACY CENTER MARTIAL ARTS

WINTER 2013

Hapkido 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. Hapkido is a true martial art NOT a competitive sport or tournament style karate.

Classes run by
Intermountain Hapkido Alliance
www.imhapkido.com

Class 1 – Tue/Thur	5:30-6:30pm	(5yrs and Up)
Class 2 – Tue/Thur	6:30-7:30pm	(5yrs and Up)
Class 3 – Tue/Thur	7:30-8:30pm	(12yrs and Up)

×QUICK FACTS

What .....Martial Arts
Where .....Lehi Legacy Center (123 N Center St.)
Who .....5yrs and Up
Dates.....Monthly (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 2 & 4)

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@imhapkido.com**

Legacy Center

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

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