



# Martial Arts



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

## LEHI LEGACY CENTER MARTIAL ARTS FALL 2014

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](http://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 20<sup>th</sup> 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 (October 21 & 23, November 27, December 25)**

### REGISTRATION

Come to the Legacy Registration office Mon-Fri 8am-6pm OR [www.lehi-ut.gov](http://www.lehi-ut.gov)

### INFORMATION

For more information call the Legacy front desk 801-768-7124 or e-mail Shawn at [mr.summers@imhapkido.com](mailto:mr.summers@imhapkido.com)

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