



# MARTIAL ARTS

FALL 2022

## QUICK FACTS

WHERE .....Lehi Legacy Center  
 WHO .....Ages 5yrs. & older  
 WHEN .....Tuesday/Thursday,  
 recurs monthly  
 TIME .....See Class Schedule  
 FEES .....Residents: \$65  
 Non-Residents: \$78  
 (due by the 20th of  
 the previous month)

## HAPKIDO CLASSES

Hapkido is a Korean martial art of tactical self defense and combat with the focus of 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.

Hapkido classes are run by Intermountain Hapkido Alliance. Elements of instructional development include: evasive movements, blocking, trapping, deflecting, kicking, striking, break-falls and 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.

For more information about Intermountain Hapkido Alliance, visit [www.imhapkido.com](http://www.imhapkido.com).

## CLASS SCHEDULE

This is a monthly program and classes are available for ages 5yrs and older. All classes are held on Tuesday and Thursday at the Lehi Legacy Center.

**Classes start: September 1st- December 20th.**  
**No classes on October 25, 27 & November 24.**

Class	Age Group	Day	Time
Class #1	Age 5 & older	Tue/Thu	5:30-6:30 p.m.
Class #2	Age 5 & older	Tue/Thu	6:30-7:30 p.m.
Class #3	Age 12 & older	Tue/Thu	7:30-8:30 p.m.

Contact Nate Summers with Intermountain Hapkido Alliance regarding the one-time registration fee and any testing fees at [mr.summers@imhapkido.com](mailto:mr.summers@imhapkido.com)

## REGISTRATION

Monthly registration. **Payments are due by the 20th of the previous month for current students. For current students a balance is created and must be paid on-line by the 20th to secure a spot for the next month. New student registration opens on the 26th of each month.**

Register at the Legacy Center Registration Office during normal business hours or online at [www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center)

## MORE INFORMATION



For more information contact the Legacy Center Front Desk at 385.201.2000.



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LEHI LEGACY CENTER  
 123 North Center Street  
 385.201.2000  
[www.lehi-ut.gov/legacy-center](http://www.lehi-ut.gov/legacy-center)



REGISTRATION HOURS  
 Monday-Friday  
 8 a.m. to 6 p.m.  
 or register online.