

NEW COURSES FOR ALL AGES

INTRODUCTION TO MARTIAL ARTS

A series of eight week introductory courses are being offered throughout 2015 at the Murrumbeena Dojang for all ages.

Classes are designed for people with no previous martial arts experience.

Students are introduced to the fundamentals of martial arts, with classes focusing on kicks, hand strikes, partner work, stretching and conditioning.

Check the website for up-coming dates. Places are limited, sign-up now to secure your spot.

Registration covers classes, your uniform, belt and first promotion test.

For more information visit

www.soobahkdo.com.au/southeasternsoobahkdo

call 0407 237 429 or email derekarob@gmail.com



South Eastern Soo Bahk Do

Murrumbeena Park Hall

*Off-street
parking available*

Eight Week Course

Courses run regularly throughout the year

Check website for dates

- ▶ Mondays and Wednesdays
- ▶ 6.30 to 7.30pm
- ▶ 16 classes
- ▶ All ages
- ▶ \$80 registration if paid before starting date, full registration fee \$120.

Make your fitness meaningful



Soo Bahk Do

The traditional Korean Martial Art

Aimed at all ages and levels of fitness, Soo Bahk Do is a highly effective self defence system and traditional art form, offering a non-violent alternative to modern-day fighting styles.

Classes are held every Monday and Wednesday at Murrumbeena Park Hall.



Class times:

Monday	6.30pm - 7.30pm
Wednesday	6.30pm - 7.30pm

Make your fitness meaningful

South Eastern Soo Bahk Do

Murrumbeena Park Hall
Kangaroo Rd, Murrumbeena

Contact Derek on **0407 237 428**
soobahkdo.com.au/southeasternsoobahkdo