

**OUR PROGRAMS HELP WITH...** Physical & Emotional Well-Being • Positive Behavioral Changes • Developing Courtesy & Manners • Self-Confidence & Productivity

Taekwondo develops the whole person. Children and Adults find that our martial arts training teaches them important life skills – a new sense of empowerment that extends past the physical maneuvers. Our students develop the confidence and self-esteem it takes to "Stand-Up" and face life head on, seeking new challenges and persevering when times get tough.

## We Have A School In Your Area...

Arlington • (904) 724-2265
Baymeadows • (904) 620-9884
Julington Creek • (904) 230-2791
Mandarin • (904) 268-4424
Monument • (904) 996-8111
Blanding at College • (904) 276-2344

Hodges at JTB • (904) 223-7079 Neptune Beach • (904) 241-0100 Ponte Vedra • (904) 285-4031 Eagle Harbor • (904) 264-9111 Wells Road • (904) 264-7555

Call Today To Enroll Your Child!

