



ATTENTION PARENTS! Are your teenagers college bound?

Are you worried about the things they'll encounter?
Drugs? Alcohol? Guns? Knives? Gangs? Rape? Or some other awkward situation?
MAKE SURE YOUR TEENAGERS KNOW WHAT TO DO!

Don't let your children leave home without learning street practical self defense FIRST!

In this 6-week course they will learn:

- How to be socially responsible.
- How the physical body adapts to stressful situations.
- How to recognize the signs of danger.
 - How to REACT!

College Bound Self-Defense will be held on Tuesday evenings

July 14th, 2009 – August 18th, 2009

7:00pm – 8:00pm

Dress code:

Comfortable clothing such as shorts or sweatpants and a t-shirt.

Registration (per person):

Register before June 1st and pay only \$100 + tax

Register June 1st or later and pay \$125 + tax

Register early to reserve your space!

Moo Duk Kwan Martial Arts is located in the Runnemede Plaza

835 E. Clements Bridge Road, Runnemede, NJ 08078

856-939-1130 <http://www.ultimatemd.com>

**Summer program prices can not be combined with any other offer, free trial, or gift certificate.*

**Registration fees for summer programs are non-refundable!*



MOO DUK KWAN MARTIAL ARTS – ULTIMATE SELF PROTECTION!