



## **Mommy, Karate and ME!** **at Moo Duk Kwan Martial Arts LLC** *The perfect mother/child summer activity!*

This special course was designed to give mothers and their children a safe environment in which they can learn new things *together!*

### **Your child will learn:**

*Balance, Coordination, Discipline, and Self-Defense*

### **You will learn:**

Street Practical Self Defense and moves you can practice TOGETHER!

This 6-week class is open to mothers and their children ages 4 through 7.

Classes will run on Wednesday mornings

July 8<sup>th</sup>, 2009 – August 12<sup>th</sup>, 2009

10:00am – 10:45am

### **Dress code:**

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

### **Registration (per 1 mother/1 child):**

Register before June 1<sup>st</sup> and pay only \$100 + tax

Register June 1<sup>st</sup> or later and pay \$125 + tax

Additional children \$15 + tax each

### **AN ACTIVITY YOU CAN TREASURE TOGETHER!**

*Moo Duk Kwan Martial Arts is located in the Runnemed Plaza*

*835 E. Clements Bridge Road, Runnemed, NJ 08078*

*856-939-1130 <http://www.ultimatemdk.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!**