

# Moo Duk Kwan Martial Arts LLC

## Spring/Summer 2009 Classes Forming Now!

### Summer Classes For Beginners!

6 week sessions will run on  
Tuesdays & Thursdays  
July 7<sup>th</sup> – August 13<sup>th</sup>, 2009  
(You attend 2x per week!)

Ages 6-8: 1pm – 1:45pm  
Ages 9-13: 2pm – 3pm

Registration (per child):  
Before June 1<sup>st</sup>: \$100 + tax  
June 1<sup>st</sup> or later: \$125 + tax

### College Bound Self-Defense

Specifically designed for high  
school graduates!

6 week session  
Tuesday evenings  
6:00pm – 7:00pm  
July 14<sup>th</sup> – August 18<sup>th</sup>, 2009

Registration (per person):  
Before June 1<sup>st</sup>: \$100 + tax  
June 1<sup>st</sup> or later: \$125 + tax

### Mommy & Me Self-Defense

For moms and their children  
ages 4 through 7!

6 week session  
Wednesday mornings  
10:00am – 10:45am  
July 8<sup>th</sup> – August 12<sup>th</sup>, 2009

Registration (per 1 mother/ 1child):  
Before June 1<sup>st</sup>: \$100 + tax  
June 1<sup>st</sup> or later: \$125 + tax  
Additional children: \$15 + tax each



**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>

**Visit us online for more information about ALL of our  
summer and regular programs!**



### Women's Fitness Boxing for Beginners

A female-focused, practical, total  
body workout you won't want to  
miss! No contact!

6 week session  
Tuesday evenings  
8:00pm – 9:00pm  
May 12<sup>th</sup> – June 16<sup>th</sup> 2009

Registration (per person):  
\$150 + tax (includes gloves)  
*\*Participants must be 18 yrs of age;  
mature teens allowed with a  
participating adult.*

*Register early to reserve your space!*

### FREE Community Self Defense Classes

What would you do if you or your  
family were in danger? Find out  
here!

These FREE four week sessions  
are reserved for adults only!

4 week sessions  
Tuesday evenings  
6:00pm – 7:00pm

May session begins on May 5<sup>th</sup>  
June session begins on June 9<sup>th</sup>

*Register early to reserve  
your FREE space!*

### Men's Executive Boxing for Beginners

No contact fitness boxing classes  
designed with the working man in  
mind!

6 week session  
Tuesday evenings  
8:00pm – 9:00pm  
July 7<sup>th</sup> – August 11<sup>th</sup>, 2009

Registration (per person):  
\$150 + tax (includes gloves)  
*\*Participants must be 18 yrs of age;  
mature teens allowed with a  
participating adult!*

*Register early to reserve your space!*

**EVENING TAE KWON DO CLASSES FOR CHILDREN (STARTING AT AGE 4)  
AND ADULTS ARE FORMING AT ALL TIMES!**

*\*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!**