



Men's Executive Boxing for Beginners!

This no-contact fitness boxing class is designed with the working man in mind. In this 6-week dream fantasy camp program you will learn basic boxing techniques, including hand and footwork, while getting a great cardio workout! Learn the real McCoy from the trainer of a two-time world champion: our own Master Blair!

Amaze your friends with your new knowledge and confidence.

Classes will run on Tuesday evenings

8:00pm – 9:00pm

July 7th, 2009 – August 11th, 2009

Dress code:

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

Registration (per person):

\$150 + tax (includes gloves)

**Men must be at least 18 years or older to participate.*

Mature teens are welcome to register if they register with a participating adult.

Moo Duk Kwan Martial Arts is located in the Runnemedede Plaza
835 E. Clements Bridge Road, Runnemedede, 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!