

Stonestown Family YMCA
333 Eucalyptus Drive
San Francisco, CA 94132

Phone: (415) 242-7100
Fax: (415) 242-7150
Website: www.ymcasf.org/stonestown

TAE KWON DO

Saturdays, September 4th - October 30th

Ages: 5 - 16 years old

Instructor: Gary T.

Location: Stonestown Annex (Lane Social Hall)

Beginner

1:15 pm - 2:15 pm

Facility Member - \$66

Program Member - \$80

Advanced

12:15 pm - 2:15 pm

Facility Member - \$80

Program Member - \$94

Tae Kwon Do is a Korean form of Karate, meaning “the way of kicking and punching.” At the YMCA, participants never come in full, aggressive contact with one another. They practice short, abrupt movements while standing away from each other. Participants will learn how to strike with their feet, an open hand and closed fists. Our knowledgeable instructors come to us from the Korean Martial Arts Center and are former National Champions.

YMCA membership and programs are open to everyone. To the extent possible, financial assistance is made available through generous donations.



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**