



*Meets
for the*



**“I CAN DO IT!”
After School
TaeKwonDo
Program**



Master Kim's Tiger Tae Kwon Do is proud to join Holy Spirit School for the “I Can Do It!” After School TaeKwonDo Program.

TaeKwonDo is much more than its simple translation – “the Art (Do) of the Foot (Tae) and Fist (Kwon). It is the Korean martial art that is rooted in ancient principles and that has been practiced for hundreds of years to build Life Skills for successfully tackling many of life's challenges.

TaeKwonDo Enhances and Encourages:

Respect for Self and Others

Courtesy & Cooperation

Confidence & Self-Esteem

Discipline and Self-Control

Positive Attitude & Perseverance

Mental & Physical Health

I CAN DO IT! We can all do it here at Holy Spirit!

Starting Wed.'s, October 7, 3:15-4:15pm (5 Wed.'s)

Program Fee: \$40 per Student - *Please register by Sept. 30.*

Visit our school in the Kinnelon-Pathmark Mall or call 973-838-1000

www.MKTigerTKD.com