



INTERNATIONAL TAEKWON-DO FEDERATION

Imagine what an advantage you will have now, and in the future, by learning martial arts today. Do you like to stretch, kick, punch, relieve stress, and feel good? The benefits of Taekwon-Do include character building, confidence, self-esteem, discipline, focus, perseverance, physical fitness, improved balance, coordination, strength, flexibility, and self-defense. Imagine that "attitude is everything" and you will never give up in any aspect of your life.

This is Taekwon-Do! This is the Weisberg Taekwon-Do Center!

Days: Monday and Wednesday

When: Monday, April 4th through Wednesday, May 25th

Where/Time: 5:00 on Mondays at Medinah Park District, 22W130 Thorndale Ave.
6:00 on Wednesdays at Itasca Park District, 350 E. Irving Park Rd.

Cost: \$50 resident / \$60 non-resident (\$10 additional for each family member)

Uniforms: Uniforms, headbands, and masks can be purchased on the first day

Ages: 8 through teenagers and adults

New students are asked to arrive at 4:30 on the first day to learn about the program and to purchase the uniform. Please **register** at the Wood Dale Park District beforehand.

Instructor: The instructor is Barry Weisberg, who has over 40 years of experience in Taekwon-Do and recently retired as a high school principal and teacher.

Please visit us on-line for additional information:

www.weisberghtaekwondo.com

www.facebook.com/weisberghtkdcenter

