



Tae Kwon Do Night
Place Maillardville
Friday, September 30, 2011
5-7 pm

1st ½ hour 5:00 - 5:25 - Tiny Tigers - ages 3 - 6

Basic Techniques, some street smart self-defense, and front kick board break.
We will raffle 1 Taekwondo Birthday Party for each date.

2nd ½ hour - 5:30 to 5:55 - Karate for Kids - ages 7-12

Basic Techniques, Wrist locks, Front kick/Elbow strike board break.
We will raffle 1 basic program for each date.

3rd ½ hour - 6:00 - 6:25 - ages 13 - 18

Brazillian JiuJitsu - ground fighting

We will raffle 1 uniform for anyone that signs up for a course in JiuJitsu.

4th ½ hour - 6:30 - 6:55 - anyone (any age including adults) - this is great for families wanting a family activity.

We will combine all of the above depending on who signs up.

We will raffle 1 upgraded Taekwondo program.

Each session will allow for a maximum of 50 people, except for JiuJitsu which can only allow for 20 people, so it will be on a first come basis. Email tricityscpf@gmail.com to confirm your attendance. Please indicate which session and how many will attend. The cost is \$5 per person and the raffle tickets are \$2 each or 3 for \$5.