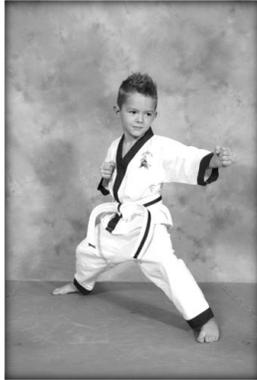


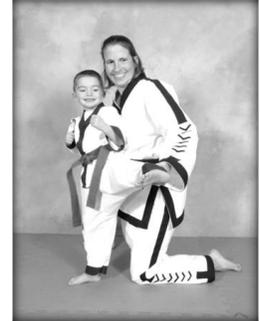
Martial Arts

Great for the Whole Family!

Classes Available For Kids, Adults, and Families



Classes offered at The OC
1530 W. Jackson, Ozark, MO 65721
Call: 840-2253



Kristen Pattinson has been an instructor since 1994

Great Exercise for all ages

Taekwondo is the only physical activity rating high in all medical categories. It stresses aerobic development, cardiovascular conditioning, flexibility, muscle toning, balance, and coordination, as well as developing poise and confidence.

People of any age or physical conditioning can participate in a program designed to gradually take the beginner to a high level of physical well-being. It is the ultimate martial art for total body development and fitness.



Try a FREE CLASS today!!

SPACE IS LIMITED SO SIGN UP TODAY AT THESE AMAZING MONTHLY RATES!!

	Once a week	Twice a week	Three times per week	Elite Class Rate
Little Dragons	\$30.00	\$40.00	\$45.00	N/A
Ages 7 & up	\$40.00	\$50.00	\$55.00	\$65*

2nd Family member is \$15, 3rd family member \$10, and 4th is FREE. Uniforms obtained through the instructor for \$25. *Offered for students that are at a Green and above level.

Some exceptions can be made. See instructor for more details.

	Monday	Tuesday	Thursday
5:30 - 6:00 PM		Little Dragons	Little Dragons
5:45 - 6:15 PM	Little Dragons		
6:00 - 7:00 PM		White & Yellow	White & Yellow
6:15 - 7:15 PM	White thru Blue		
6:20 - 7:20 PM			
7:00 - 8:00 PM		Green & Above	Green & Above
7:15 - 8:15 PM	Red & Above & Elite Members		
8:00 - 8:30 PM		Elite Class	

- Little Dragons: 4, 5, and 6 year olds.
- The other classes are for ages 7 and up. New students, ages 7 and up will register as white belts.