

Tae Kwon Do at



Why Martial Arts?

Martial Arts is a great program for all ages. It does all of the following and more: It offers a total body workout, increases confidence, improves cardiovascular health, promotes weight loss, improves reflexes, promotes focus and stillness, teaches great morals and values, increases muscle tone, and improves your mood!



Try a **FREE CLASS** today!!

Classes offered at The OC
1530 W. Jackson
Ozark, MO 65721

Call: 840-2253



Kristen Pattinson has been an instructor since 1994

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/mo	\$40.00/mo	\$45.00/mo	N/A
Ages 7 & up	\$40.00/mo	\$50.00/mo	\$55.00/mo	\$65/mo*

2nd Family member is \$15, 3rd family member \$10, and 4th is FREE

Uniforms obtained through the instructor for \$25.

*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 & Green
6:15 - 7:15 PM	White thru Blue		
7:00 - 8:00 PM		Green & Above	Blue & Above
7:15 - 8:15 PM	Blue & 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 & up will register for white belt.