

# TAEKWONDO

Ages 6-Adult

The Olympic high-kicking martial art that  
can help YOU reach new

## HEIGHTS

Taekwondo will Heighten your:

- Confidence (Self-esteem, Self-defense)
- Conditioning (Fitness, Strength, Health)
- Concentration (Focus, Strong Mind)
- Start having fun while earning your black belt today!

Fee: Resident \$55/month Non-Resident \$65/month  
Held at Tabb Elem. School Gym, 3711 Big Bethel Rd, 23693

### Two Skill Level Options:

**Beginner/Intermediate** 2 classes/week  
Monday & Thursday 6:30-7:15 pm

**Intermediate/Advanced** 3 classes/week  
\*Monday & Thursday 7:15-8:00 pm  
Saturday 11:30 am-12:50 pm

Ask about our tiered family pricing!  
Registration at Site. Visitors welcome to  
observe or try a week of class for FREE!

**Action Arts Academy USA**  
**Master Brad Tinnon**

World Taekwondo Federation Certified  
To register call 303-KIKN (5456).

Web: [www.actionarts.us](http://www.actionarts.us)  
Email: [ActionArtsAcademyUSA@gmail.com](mailto:ActionArtsAcademyUSA@gmail.com)