

## Classes meet on Tuesday and Thursday

Kidz Taekwondo ages 4 to 6 (30 minute class)

Time: 5:30 to 6:00 Class fee is \$55 per month

This class will develop an interest in martial arts at a young age. Children will learn age appropriate agility skills and games that teach respect, concentration and self esteem. This class prepares the student for enrollment in martial arts with belt advancement. First time students receive a free uniform.



Taekwondo ages 7 to 12 (40 minute class)

Time: 6:05 to 6:45 Class fee is \$65 per month

Participants grow in confidence as their agility, balance; coordination and flexibility improve while having fun learning the modern Olympic Sport from Korea. Leadership, goal setting, respect, courtesy, integrity and self-control are taught. First time students receive a free uniform.

Taekwondo ages 13 and up teens and adults (50 minute class)

Time: 6:50 to 7:40 Class fee is \$75 per month

First time student receive a free uniform



**Pruter's U.S. Martial Arts helps you lose weight:** You can expect major changes in your body with our classes. You will burn tons of calories, build muscle, and in general, get your metabolism kicked into another gear. Our work-outs are a great way to shed those unwanted pounds. Additionally, you will reshape your body. Your arms, legs, and waistline are going to become more toned.

**Pruter's U.S. Martial Arts Improves Your Health:** Our Taekwondo lessons will dramatically improve your cardiovascular health. Your resting heart rate will come down and your ability to maintain an increased heart rate will increase. You will breathe better, sleep better, and even feel an increase in energy and effectiveness all day long. You may even discover you are more resistant to colds and flu. Plus even when you do become sick, your recovery time will be better then ever. You will also notice a dramatic increase in your over all flexibility. You will be amazed when you can comfortably bend over and tie your shoe.

**Pruter's U.S. Martial Arts instills Positive Attitudes:** Our curriculum is designed to be positive and inspirational. We will keep you motivated and thinking about progress and goals. Our staff and students are all success oriented and focused on looking for the positive in all situations. You can expect to go home from class with a renewed vigor and enthusiasm.

**Pruter's U.S. Martial Arts develops Self-Confidence:** It is true; adults who take Taekwondo lessons form Pruter's U.S. Martial Arts develop better self-confidence. You will be encouraged to take chances, to push yourself further than you ever thought possible. The success you experience through our program teaches you that you can be successful at anything if you truly believe you can. Improved confidence leads to better performance at work, a better circle of friends, better performance in sports and in extracurricular activities in general. Your improved self-confidence will help you deal with all of life's challenges with a positive outlook.

**Pruter's U.S. Martial Arts teaches Self-Defense:** Pruter's U.S. Martial Arts teaches two forms of self-defense. One is physical – you will improve your strength, flexibility, and overall health. Additionally, you will learn to strike with tremendous power and effectiveness. Hopefully, you will never need to fight...but should the occasion arise, shouldn't everyone know how to protect themselves? The second form of self-defense Taekwondo lessons at Pruter's U.S. Martial Arts is internal. Our students learn to spot danger and avoid dangerous people, places, and activities. Pruter's U.S. Martial Arts can help you avoid the need for a physical confrontation. This second form of self-defense is perhaps the more valuable of the two.

### **An Olympic Sport**

Tae Kwon Do is a dynamic Olympic sport that was introduced to the Olympics in Korea in 1988. Pruter's U.S. Martial Arts and Sport Taekwondo is committed to progressive sport Taekwondo and modern athletic training methods. We are confident and have proven that our program can make you not only a National class competitor but a World class competitor as well. In July 2009 our highest athlete will be competing in the 18<sup>th</sup> annual Maccabia games in Israel as a part of the 900 contingent Maccabi USA national team. The Maccabia games are the 3<sup>rd</sup> largest multi sport event in the world and a great warm up for the Olympics in 2012. If you are a World competitor or just want to learn Taekwondo for recreation and fun the training at Pruter's is the best.