

# **YOUTH PROGRAM**

## AGES 7-13 YEARS OLD

### Where Warriors Grow!

Build confidence, coordination, and discipline—through skilled practice, intentional training, and reflection.

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### **What to Expect**

- High-energy martial arts basics
  - Training that builds coordination, fitness and self-defense
  - Encouraging, intentional and positive instruction
  - Safe, structured, friendly environment
  - Leadership training
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### **Class Schedule**

**Day/Time: TUESDAY and THURSDAY 5-5:50 PM**

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### **Benefits for the Your Young Martial Artist**

- Confidence
  - Self-control
  - Discipline
  - Self-defense
  - Strength building
  - Flexibility
  - Social & emotional growth
  - Teamwork
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### **How to Join**

**Email:** [kuksoolwonggreenville@gmail.com](mailto:kuksoolwonggreenville@gmail.com)

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