# TEEN/ADULT PROGRAM

## AGES 14-54 YEARS OLD

**Where Warriors Grow!**

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

---

## What to Expect

- High-energy traditional martial arts
- Training that builds coordination, fitness and self-defense
- Encouraging, intentional and positive instruction
- Safe, structured, friendly environment
- Improved physical and mental health

---

## Class Schedule

**Day/Time: MONDAY and WEDNESDAY 5-6 PM BEGINNER**

**MONDAY and WEDNESDAY 6-7 PM INTERMEDIATE/ADVANCE**

---

## What Kuk Sool Won can offer you

- ✓ Confidence
- ✓ Self-Control
- ✓ Discipline
- ✓ Self-defense
- ✓ Strength building
- ✓ Flexibility
- ✓ Cardio
- ✓ Mental fortitude
- ✓ Kicking/leg techniques
- ✓ Striking/blocking/hand techniques
- ✓ Joint-locking
- ✓ Throwing/grappling
- ✓ Weapons
- ✓ Falling/acrobatics
- ✓ Stress relief
- ✓ Meditation

---

## How to Join

**Email:** kuksoolwongreenville@gmail.com **Phone: 864-525-1862**