

McKenna Taekwondo/Jiu-Jitsu Centre

Established 1983

QUICK START PROGRAMS

Taekwondo / Jiu-Jitsu / Kickboxing / Basic Self Defense / Day Time Class

Taekwondo Intro Course

Instructor Dave McKenna, 6th Degree Black Belt

1 MONTH Korean art of self defense

1st class is FREE – ALL AGES

Monday, Wednesday, Friday
7:15 – 8:15 p.m. – (\$35.00 + tax)



Kickboxing

1 MONTH INTRO

1st class is FREE – ADULTS

Monday and Wednesday

8:30 - 9:30 p.m. – (\$40.00 + tax)

Get super fit with this combination of boxing and kicking.

Women's Self Defense Course

Saturday, February 25, 2012

1:00 - 4:00 pm – (\$25.00 + tax)



613 Main Street, Dartmouth, NS

462-KICK (5425)

Email: mckenna@ns.sympatico.ca

<http://www.mckennataekwondo.ca>

Contact us to find out about our March Break Workshops!

Jiu-Jitsu Intro Course

1 MONTH - 1st class is FREE

Monday, Wednesday, Friday

8:30 to 8:30 p.m. (\$35.00 + tax)

(AGE 15 AND UP)



Jiu-Jitsu, the "gentle, yielding art", was the empty-handed form of close combat used by the *Samurai* warrior, and is the oldest Japanese form of self defense. Students will learn practical street applications of Jiu-Jitsu to meet situations of attack for today's needs.

Taekwondo / Jiu-Jitsu Noon Class

Tuesday and Thursday

12:00 to 1:00 pm

Taekwondo/ Jiu-Jitsu club demonstration:

Wednesday,
February 22nd
7:00-8:00 p.m.



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