

	<p>Looking for a cool new activity for this Fall? Try Taekwondo!</p>	<p>\$1 Special The entire month of October for only \$1. Ages 7 & up and Adults welcome!</p>
<p>Taekwondo is a form of aerobic training, a competitive Olympic sport, and lastly, a practical system of self-defense. We teach students how to <u>avoid</u> conflict. Equally important is the moral education that we provide. Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit</p>	<p>Classes @ Oviatt Elementary School Multi-purpose Room – 713 School Ave – Norwalk, Iowa</p> <p>Class days and times: (Beginners/New Students) Tues. & Thurs, 6:10 – 6:45 PM</p> <p>Cost: \$1/person for Oct. '14. No contracts, no add-ons, no gimmicks. New Students only. Must bring this flyer with you when you register</p> <p>Register in person at the Norwalk Park and Recreation Office, 1100 Chatham Ave in Norwalk, or by calling the Park and Rec office at: 515-981-9206</p> <p>Please bring this flyer when you join! Norwalk Family Taekwondo is an affiliate program of Voorhees Taekwondo LLC. www.norwalktkd.com</p>	<p>Call the Park and Rec office at 515-981-9206 to get signed up for this New Student Special!</p> 

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