

NEWSLETTER

ISSUE TWO - JANUARY 2024

SUNCOASTTAEKWONDO.COM



Kick in 2024 with Martial Arts

Our “family-friendly” martial arts class makes being active a group activity, which in turn can make being physically active more fun.

Experts suggest breaking New Year’s resolutions down into small steps in order to make them stick.

Participating in a Martial Arts program as a family can help strengthen familial bonds and reinforce goals of getting fit one kick at a time!

About Us

We established Suncoast Taekwondo in 2012 as a safe haven where the whole family can participate and spend quality time together while learning self-defense and forming healthy habits that foster personal growth through the practice of traditional martial arts.



01/02

New Year - New Goals



Class Schedule TUESDAY & THURSDAY 6 - 7 PM

*"A family that kicks together
- sticks together"*

WHY CHOOSE US?

- Our program aims to help students develop real-world, practical self-defense skills while building their confidence and self-esteem.

CONTACT US

 SuncoastTaeKwonDo.com

 **941-350-1660**

 **5914 Palmer Blvd.
Sarasota, FL 34232**

**NEW STUDENT SPECIAL
\$49 PER PERSON**



Family activities can be expensive - we get it! That's why we offer our families amazing discounts. Our new student special of \$49 per person includes a new student uniform and provides the family a platform to try martial arts for one month - no strings attached.

02/02