

THE INSTITUTE OF HEALTH & HEALING ARTS PRESENTS

PAK'S KARATE ACADEMY &
THE NEW ENGLAND MARTIAL ARTS ACADEMY



- TANG SOO DO
- TAE KWON DO
- HAP KI DO
- KEMPO KARATE



ENROLL NOW!!!

INTRO:
LESSON WITH UNIFORM 19.95

SELF CONFIDENCE, BALANCE, MEDITATION,
COORDINATION, WHAT IS YOUR PURPOSE. FIND YOUR PURPOSE.
STUDY THE DISCIPLINES OF TANG SOO DO,
TAE KWON DO AIKIDO HAP KI DO KUMITE RYU JUJITSU KEMPO KARATE

MORE INFO CONTACT:

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CLASS SCHEDULE:

MONDAYS:

6:30-7:15PM - BEGINNER
7:30-8:15PM - INTERMEDIATE
8:30-9:15PM - OPEN ADULT CLASS

WEDNESDAYS:

5:30-6:15PM - BEGINNER
6:30-7:15PM - INTERMEDIATE
7:30-8:15PM - OPEN ADULT CLASS
8:30-9:15PM - PRIVATE CLASS

SATURDAYS:

10:00-11:00AM - BEGINNER/INTERMEDIATE
11:00-11:30AM - FORMS CLASS
11:30-12:00PM - FIGHTING & SELF DEFENSE

ALL CLASSES HELD AT : 56 WARWICK ST, MIDDLETOWN CT 06457