

STRENGTH  
FLEXIBILITY  
COORDINATION  
BALANCE



COURTESY  
INTEGRITY  
PERSEVERANCE  
SELF CONTROL

## DEVELOP STRENGTH IN MIND AND BODY

How would you like to get your child involved in a program that will help *prepare them* for their upcoming school years?

Would you like an activity that can help your child use up his or her youthful energy and *build their confidence*?

Need help instilling *discipline, self-control and goal-setting* into your child?

If you answered yes to any of the above questions, then

***Shield Tae Kwon Do*** is right for you.

"Shield Tae Kwon Do has been a blessing to our family. Bill Kelly and his family treat their students with compassion, patience and understanding. They encourage my children to do their best. " Vicki H.

"My son was having too much fun. I had to join too. Now the whole family participates." Jay L.

"Instructor Kelly's acceptance of individual differences and firm discipline is perfect for my two sons with ADHD." Diane L.

Classes begin Wednesday September 16th at 6:00 P.M. | Robinson Theater Community Arts Center

12 Week Session | ***Please Note: there is a \$6.00 lesson fee per class***

For more information please call 804-938-8948 or [www.shieldtaekwondo.com](http://www.shieldtaekwondo.com)