

OCC MARTIAL ARTS PROGRAM

Improve: Confidence, Focus, Respect
Increase: Discipline and Self Esteem
Learn: Self Defense and How to Stop Bullying



Taekwondo is ideal for men, women and children ages 6 and up
Techniques are adaptable for all ages and abilities
Learn the proper way to block, kick and punch
A great activity for the entire family

Classes starting on 3/19/19 at OCC
Tuesday and Thursday nights at 6 pm
<http://occ.recdesk.com> to register

Black Belt instructors: Kim Busser & Diane DeCaprio
from J.R. Miller Martial Arts