

GIRL POWER!

***Want your girls
to learn Self-defense
and gain self-confidence?
Martial Arts are the answer!***

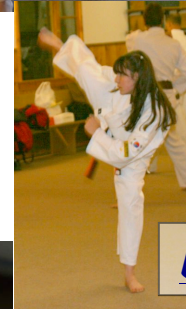
**Colorado
Blue Wave
Martial Arts**

Family Tae Kwon Do Classes

Spring II Term Starts Tuesday Apr 4th 2011!

Spring Special (valid through Apr/28th)

-Half Off for both when you and a friend pay for classes.



Fun



Self Confidence



Self Defense

When: Tuesdays, 7:00-8:25PM

Who: 9 year olds and up (6-8 year olds 6:30-7:15PM)

13 year old and up and advanced on Thursdays 7:30-8:55PM

Where: Christ Our Savior Lutheran Church basement
(640 Alpine street, Longmont)

Contact: Master Erik Kluzek, erik@coloradobluewave.org,
<http://www.coloradobluewave.org>, (303) 772-6225

Cost: Only \$40 for classes once a week for 6 week sessions (6-8 year olds \$30).

Why: Girls have fun, but also become more confident. At the same time they learn discipline, deep respect and how to better handle themselves with bullies or people that want to push them around.

Colorado Blue Wave Martial Arts is a Colorado non-profit Corporation

We do not discriminate students on the basis of race, gender, religion, or political affiliation