

# Kick It!

**WANT TO  
LEARN  
SELF-DEFENSE  
AND GAIN  
SELF-CONFIDENCE?**

**Martial Arts are the answer!**

**Colorado  
Blue Wave  
Martial Arts**

**UCAR Tae Kwon Do Classes**

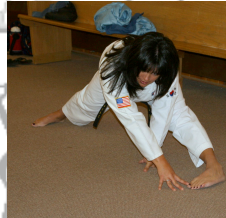
Spring Session Starts April 4<sup>th</sup> 2011!



**Focus**



**Self Defense**



**Confidence**

**Spring Special** (valid through Apr/28<sup>th</sup>)

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

**When:** Mondays and Thursdays 5:10-6:10PM FL1-Fitness room

**Contact:** Master Erik Kluzek, erik@ucar.edu  
<http://www.coloradobluewave.org>, (303) 497-1326

**Cost:** Only \$60 for 10-14 week terms.

**Why:** Martial arts classes are great for all around fitness. But,  
**at the same time** you develop self-defense skills, and  
a great release from stress.

**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**