



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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Tae Kwon Do/Danzan-Ryu Jujitsu

Mondays & Wednesdays from 6:30 PM – 8:00 PM
Ages 7 through Adult

Tae Kwon Do is a Korean style of martial art that has been taught at the Chambersburg YMCA by Grandmaster Thompson since the mid 1970's. Tae Kwon Do is an empty hand martial art that utilizes the whole body. Tae means "to kick" or "strike with the foot," Kwon implies "punching" or "striking with the empty hand or fist," and Do means "way of the art." Therefore, Tae Kwon Do means "the art of kicking and punching."

In the early 1990's, Grandmaster Thompson began incorporating Danzan-Ryu Jujitsu techniques into the program. Danzan-Ryu Jujitsu is a Japanese style of martial art which means "Sandalwood Mountain." This type of martial art incorporates techniques like joint locks, escapes, throws and chokes while standing or grappling.

The Tae Kwon Do/Danzan-Ryu Jujitsu program at the Chambersburg YMCA is designed to develop discipline, self-defense, confidence, physical fitness, flexibility, balance and socialization.

First Month Free

Monthly Member Rates:

\$14.50 - One Class Per Week

\$29.00 - Two Classes Per Week

(Health Center Members \$12.00 per month)

Monthly Non-Member Rates:

\$20.25 - One Class Per Week

\$40.50 - Two Classes Per Week



For additional information, please contact Chris Misner at 717-263-8508 or cmisner@chbgy.org.