



# H.V.A.A.



# TAEKWONDO

Classes are one hour long:

15 minutes of stretching & conditioning • 15 minutes of basics,  
15 minutes of forms or patterns,  
15 minutes of sparring drills, sparring or self-defense

**GIRLS & BOYS . . . Ages 6 to 16**

**AN ADULT MUST ACCOMPANY EACH PARTICIPANT.**

*This is to encourage participants to practice during the week  
so that new skills may be added progressively.*

*All participants must wear approved Doboks (uniforms).*

*The cost for the entire year, and a uniform (or a set of patches),  
are included in the registration fee. Everyone must sign  
a release of liability form for the instructor and the H.V.A.A.*

**CLASSES WILL BE HELD AT:**

**Murray Avenue Multi-Purpose Room  
(Enter from parking lot next to Church)**

**Classes are held from 7:00 to 8:00 p.m. on Wednesday evenings.**

**CHILDREN PARTICIPATING IN  
OTHER H.V.A.A. ACTIVITIES MAY STILL  
PARTICIPATE IN TAEKWONDO!!**

**Registration Fee: \$150 for the entire year**

*Registration and Orientation Class will be held on  
September 10, 2003*

*At the Murray Avenue Multi-Purpose Room from 7:00 to 8:00 p.m.*

*First Regular Class of this session will be held on  
September 17, 2003*

For additional information or questions, call Joe Breitman at 215-947-5809.  
Registrations Open To All Residents In 19006-19009-19046 Zip Code Areas