

CALENDAR

JUNE

- 20 - BELT CEREMONY (NO CLASSES)
- 21 - NEW SEMESTER BEGINS
- 24 - FRIDAY FOCUS CLASS: PALGWAE FORMS

JULY

- 1 - FRIDAY FOCUS CLASS: TAEGEUK FORMS
- 4 - INDEPENDENCE DAY (NO CLASSES)
- 8 - FRIDAY FOCUS CLASS: BOARD BREAKING
- 11 - NEW STUDENT INTRO LESSON
- 15 - FRIDAY FOCUS CLASS: SELF-DEFENSE
- 18 - SKILLS EXAMS BEGIN
- 22 - FRIDAY FOCUS CLASS: PALGWAE FORMS
- 28 - FXB INTRO LESSON
- 29 - FRIDAY FOCUS CLASS: TAEGEUK FORMS

AUGUST

- 4 - FXB INTRO LESSON
- 5 - FRIDAY FOCUS CLASS: BOARD BREAKING
- 11 - SKILLS EXAMS END
- 12 - FRIDAY FOCUS CLASS: SELF-DEFENSE
- 19 - FRIDAY FOCUS CLASS: PALGWAE FORMS
- 25 - AFTER SCHOOL PROGRAM RESUMES
- 26 - FRIDAY FOCUS CLASS: TAEGEUK FORMS
- 31 - TIGERS TESTING

SEPTEMBER

- 1 - TAEKWONDO TESTING (NO CLASSES)
- 2 - FRIDAY FOCUS CLASS: BOARD BREAKING

What to do With All This Free Time?

Summer is a chance for us to relax and enjoy the weather, a chance to spend more time with our families as kids get a break from school. But too often kids resort to video games and television to keep themselves busy during the summer.

And who can blame them? Such activities are fun, entertaining, and don't require much effort to enjoy. But it's hard to say that those activities are truly rewarding.

A child's sense of accomplishment from completing every level of their favorite video game can't compare to the confidence they would gain by master challenges of the physical kind.

Taekwondo is full of challenges of all kinds. Every class is a test of physical endurance and mental focus. It's meant to build confidence and discipline, while teaching respect and integrity at the same time.

If your kids have extra free time this summer, get them outside to enjoy the fresh air, reading books to stimulate their minds, and even bring them to a few extra classes at FMAC to build their character one kick at a time.

25% Off

Any one FMAC Forms DVD.

Limit 1 per household.
While supplies last.
Expires 7/23/11.

