

Instructor:

Cindy Redolfi, a resident of Union, Ohio and a former home school teacher, has been involved with Kuk Sool Won for seven years. Her martial arts experience began with her two young boys seven years ago and has grown into a passion for this art.

She also has a passion for teaching children and she home schooled her own for 16 years. Cindy works with special needs children in therapeutic horseback riding and has done so since 1981.

She holds a second-degree black belt in Kuk Sool Won.

Mighty Might

is a martial arts class designed with the younger child in mind. Children 3 - 6 years old benefit from these classes by working on balance, flexibility, gross and fine motor control. Concentration, focus, as well as listening skills and following directions will improve while learning aspects of martial arts. For those children who are a bit shy, this program will help with increasing self-confidence, and for the child who is always "active" this program will help "get the wiggles out." Martial arts kicks and punches will be introduced as well as childrens' self defense. Many exercises that will increase flexibility and strength will also be included, and as with all martial arts, respect for others is emphasized. Tumbling is also utilized in this class.

These 12-week sessions cost \$90 and students must be pre-registered.

All About Dance

now offering....

Martial Arts the discipline of Kuk Sool Won



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Kuk Sool Won

Kuk Sool Won is a Korean Martial Art similar to Tae Kwon Do with an emphasis on practical self protection. The benefits of training in Kuk Sool Won Martial Arts include a higher manifestation of self-confidence, discipline, and respect for oneself and others.

Kuk Sool is an activity that reinforces the lessons of respect, etiquette, discipline, motivation, and positive thinking.



Dayton

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All About Dance Martial Arts

Class meets on Monday and Friday afternoons from 4:15 – 5:30. Class is open to boys and girls ages 6 and up.

Each class begins with stretching exercises. Students will learn kicking techniques as well as martial arts punches.

The Kuk Sool Won curriculum also includes the learning of forms for each belt level and self-defense techniques.

Class fees are \$50 per month (for 2-3 classes/week) due at the first class of the month for a single family member.

Second member is \$25 per month

These fees do not include uniform or regular testing fees.

\$20 one-time registration fee

REGISTER TODAY for Fall 2011 Classes

Visit our NEW facility
132 E. National Road
Vandalia, OH 45377
(937)732-6231

KUK SOOL WON

... is a comprehensive Martial Arts system which seeks to integrate and explore all aspects of the traditional Korean martial arts. Kuk Sool Won covers an extensive variety of techniques and martial arts methods, but is not merely concerned with the physical methods of attack and defense. Training in Kuk Sool helps to instill self-confidence and self-discipline, as well as challenging students physically, mentally, and spiritually. The practice of Kuk Sool strengthens and stretches muscles, intellect, spirit, and confidence.

Kuk Sool teaches valuable life skills and is a positive, healthy activity that involves the pursuit of challenging goals through diligence and self-discipline.