

Instruction

Taekwondo instruction is affiliated with Chang Moo Kwan Canada Headquarters

Classes are taught by Master Diane Mykietowich who has a 5th degree black belt. She has been instructing at East End since 1999.

Assistant instructors:

Mr Orison Arranz

4rd Degree Black Belt

Miss Pauline Valencia

1st Degree Black Belt

Assistant Instructor In Training:

Mr. Dale Ruppert

3rd Degree Black Belt

Rates

Pay monthly as you go.

Special family rates

\$35.00 per student / month

\$25.00 per additional family member

Classes run from Mid Sept to End of June

EAST END COMMUNITY CLUB Taekwondo CLASSES

Register With

Master Diane Mykietowich

204-250-3464

Email:

kangstranscona@gmail.com

Taekwondo

Benefits:

Enhanced Self Esteem
Builds Confidence
Develop Discipline
Teach Self Defence
Strengthen Your Mind and Body

SCHEDULE		
Days	Time	Class
Mondays	5:30 – 6:15	Children to Adults
	7:45 – 8:45	Coloured Belts and Adults
Wednesdays	5:30 – 6:15	Children To Adults
	7:45 – 8:45	Coloured Belts and Adults

The Discipline of Taekwondo leads to increased Energy, better health and fitness, greater coordination, and higher self esteem. These qualities are vital for a happier longer life.

Families and Martial Arts

Training can be done by families. Parents glow at their accomplishments of a good side kick or breaking their first board. The greater satisfaction however, comes the bond of love, friendship, understanding and respect that develops between parent and child.