

Why Kim's TKD

- Learn proven self-defense techniques to protect yourself and others in danger.
- Learn discipline, respect and self-defense.
- Improve balance, coordination, concentration and self-esteem.
- Self-Defense is an excellent form of exercise to improve your overall health and conditioning.
- Self-Defense techniques foster a unique sense of balance to improve your attitude and overall outlook on life.
- High quality instruction from Master Penny Duggan.
- Professional, Private, Safe & Fun.
- Training in a controlled, No-contact, environment to avoid injury.
- Participate in TKD Classes, Tests, Camps and Tournaments.



Masters



MASTER PENNY DUGGAN

- Tae Kwon Do Training since 1974
- Tae Kwon Do Instructor since 1976
- Former Midwestern champion in forms, breaking and free sparring competition.



GRAND MASTER YUNG SAM KIM

- Established first Tae Kwon Do School in Green Bay, WI in 1973.
- Instructed Tae Kwon Do in Green Bay for 21 years.
- Over 50 years Tae Kwon Do experience.

434-2326

www.kims-tkd.com

PRIVATE SELF-DEFENSE LESSONS FOR WOMEN

KIM'S TAE KWON DO CENTER, INC.
GREEN BAY, WI

(920) 434-2326

www.kims-tkd.com

➤ Professional

➤ Private

➤ Safe

➤ Fun

**The
Ultimate
In
Self-Defense**

Established 1973

Instruction

Classes are tailored to your needs. Whether you just want to learn basic techniques or very specific techniques your session(s) will be custom designed just for you.

Basic instruction includes learning about the Theory of Power, Striking Points, Vital Points, Stances and Basic Hand and Foot Techniques.

Specific instruction may include learning Stranger Defense, Knife & Gun Self-Defense, Judo Throws, Finishing Holds, Ground Self-Defense or Board Breaking.



Private Lessons

Overcome your fear of being home-alone, traveling alone or taking a walk. Ideal for women headed off to college, a foreign country or for those who work late hours.

Discover the Theory of Power. Learn simple and effective techniques if approached by strangers and threatened verbally or attacked with hands, fists, kicks or weapons.

Lessons are 1 hour and the times are flexible. Instruction by Master Penny Duggan 6th Degree Black Belt.

Former Midwestern Champion and Head Instructor since 1976.



Private Lessons

Private Lessons are exclusively for those who desire an individual class setting. It is for those who want to learn martial arts but, for various reason(s), choose not to join a class due to a recent violent incident, demanding work and family schedules, celebrity status, etc.

Your training will be with Master Penny Duggan who has trained numerous individuals, professionals and executives to Black Belt Level and Master Status.

Private Lessons provide hands-on real training so you immediately see the results.

You decide how many sessions you want to attend based on your needs and goals.

Semi-private and small group sessions available upon request.

