



Glen Ridge Taekwon-do Free Taekwon-do Program for Beginners For Teens & Adults (ages 13 and up)

Register online at www.GlenRidgeTKD.com/begin

We are offering a series of free virtual lessons for beginners in Taekwon-do for teens and adults ages 13 and up. This is a 4-week program with classes twice a week on Tuesdays and Thursdays from 4:00-4:30 beginning on June 9 and continuing through July 2nd.

This program is an excellent introduction to the martial arts while remaining socially distanced. It is an opportunity for students to join with their friends, get some exercise, and learn about this traditional Korean martial art. We will teach your child the basics of Taekwon-do movement and culture, which leads to confidence building, focus and self-regulation as well as goal setting and achievement. So give it a try today!

Glen Ridge Taekwon-do, located on Glenridge Avenue in Montclair, has been serving the community for over 18 years, and is owned and operated by a husband and wife team Master John Meany and Master Laura Giletti. This free introductory course will be taught by these Master Instructors, each with decades of teaching experience.

This class is free and space is limited. Interested students please register in advance using the form below. For any questions about this program please feel free to contact us by phone at [973-744-1666](tel:973-744-1666), by email at info@glenridgetkd.com or through our website at www.GlenRidgeTKD.com.

