



KARATE

SUMMER SPECIAL RATES!!!

Program Description:

Earn your Black Belt here! We teach a variety of Mixed Martial Arts including Tae Kwon Do, Hapkido, Judo and Jujitsu. You will learn self defense, stand up protection, ground fighting, tournaments, demonstrations and weapons. You will have an increase in your stretching, focusing and conditioning that will give you confidence in all areas of your life.

Instructor Bio:

Under the direction of Head Master Royal West who operates nine schools throughout Utah, Craig Hinckley will be the head instructor. Craig has been taking martial arts for much of his life and teaching exclusively the past 10 years. He is surrounded by assistant instructors to ensure each student gets one on one time with a black belt.

Ages: 6-60+

Dates: Mondays & Wednesdays

Times: Session I- 6:00pm - 7:00pm
Session II- 7:00pm - 8:00pm

Location:

South Jordan Community Center
10778 S. Redwood Rd.
South Jordan, UT 84084

Cost:

SUMMER RATE \$45/Month for June, July and August!!!

Regularly \$65

Family Discounts Available After August



MIXED MARTIAL ARTS

*****Classes run monthly, starting the first Monday or Wednesday of each month and ending the last Monday or Wednesday.**

Sign up at
South Jordan Fitness & Aquatic Center
10866 S. Redwood Rd

Or

Online at www.activityreg.com

For general information, please contact
Alex Kaker (801) 253-5203 ext. 2009 akaker@sjc.utah.gov