

# FOOTHILLS PARK & RECREATION DISTRICT

# Taekwon-Do

**CHECK  
US OUT!**

**This Martial Art is practiced by over 50 million people worldwide!**

Beginning & Advanced classes for ages 9 and up are taught by two internationally certified **BLACK BELT INSTRUCTORS** (8th Degree & 5th Degree) with over 60 years of combined experience. Using a wide variety of traditional hand and foot techniques, these classes allow students to use this structured exercise program to develop their abilities for effective self-defense. This promotes self-discipline, while increasing flexibility, balance, coordination and endurance.

- ◆ **MONTHLY FEE:** \$65 (District Rate: \$55)
- ◆ **LOCATION:** Peak Community & Wellness Center  
6612 South Ward Street, Littleton
- ◆ **DAYS/TIMES:** MON, WED, & FRI  
*Beginning Class: 6:00 - 7:00pm*  
*Advanced Class: 7:00 - 8:30pm*
- ◆ **UNIFORMS:** Not required immediately, but white uniform is necessary before testing for your first colored belt. Check with your instructor for correct type of uniform.
- ◆ **INSTRUCTORS:**  
Rick Mitchell ◆ VIII Dan ◆ Master Instructor  
Heather Breiting ◆ V Dan ◆ Head Instructor



  
**Foothills**  
Park & Recreation District

**For more information, contact Instructors:  
Master Mitchell at 720-252-5532 or Ms. Breiting at 303-809-3389.**