



## Be part of something BIGGER!

The American Taekwondo Association (ATA) is the premier North American organization dedicated to the martial arts discipline of taekwondo. Worldwide, our organizations have over 1,500 independently owned and operated licensed schools and clubs, and have registered over one million students since the ATA's inception in 1969.

Classes Instructed by Master Bill Philips, 6<sup>o</sup> Black Belt

**\*\*\* \$29.00 New Student Special \*\*\***

Includes: Student Uniform & 4 weeks of Classes

(Additional family members only \$20.00 each)

Call today or stop by class to reserve a spot in our beginner's class

**515-290-9075**

## Classes Meet at 227 ½ Main Street in Ames

(Above the American Legion)

### Class Times

Class	Ages	Monday	Thursday	Saturday
Tiny Tigers	3 – 6	5:30 – 6:00	5:30 – 6:00	8:30 – 9:00
Karate Kids	7 – 13	6:00 – 6:30	6:00 – 6:30	Kids 9:00 – 9:30
Adults	14 – 99	6:00 – 6:30	6:00 – 6:30	Adults 10:00 – 10:30

### A few of the benefits of Taekwondo training:

- ★Goals
- ★Self-Control
- ★Courtesy
- ★Friendship
- ★Confidence
- ★Self-Awareness
- ★Perseverance
- ★Self-Improvement
- ★Respect
- ★Integrity
- ★Self-Esteem
- ★Dedication

Call Master Philips for more information

**515-290-9075**

Private & Semi Private lessons available

[www.AmesATA.com](http://www.AmesATA.com)