

# NORTHWEST MARTIAL ARTS



## TAEKWONDO

**Build Muscle, Lose  
Weight and Empower  
Yourself in a FUN,  
Safe, and Positive  
Environment!**

Martial arts is THE most complete health and fitness program for adults! No matter how long you've been sitting on the couch, our certified instructors will help you tone your body, dramatically increase your flexibility, and teach you the powerful self-defense system of Taekwondo.

You'll quickly benefit from improved physical fitness, and be inspired and motivated to continue the most life-changing training you've ever experienced!

**Call or visit our school today to make an  
appointment for our free beginners course**

For more information, visit us online at:

**[www.northwestmartialarts.com](http://www.northwestmartialarts.com)**



**207 Main Ave E  
West Fargo  
(701) 371-7648**

Fargo (701) 237-3430  
Moorhead Parks (218) 299-5340

**Youth and Adult Classes  
Available at All Three Locations**

**Program Instructed by 5th Degree Black Belt, Master Chris Kalsow**