

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



**217 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**

Classes Instructed by 5th Degree Black Belt, Master Chris Kalsow