

Thunder Mountain MARTIAL ARTS

Tae-Kwon-Do & Hapkido

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 Instructor Kim Jensen, students will train their bodies and minds in a variety of disciplines. Kim has been taking martial arts for much of her life and instructing for several years. She is surrounded by assistant instructors to ensure each student gets one on one time with a black belt.

Ages: 6-60+

Dates: Mondays & Thursdays

Times: Session I-Beginner (M) 6:00-7:00pm (Th) 7:00-8:00pm
Session II-Advanced (M) 6:00-8:00pm (Th) 7:00-8:00pm

Location:

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

Cost:

\$55/Month

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



**MIXED
MARTIAL ARTS**

Sign up at
South Jordan Fitness &
Aquatic Center
10866 S. Redwood Rd
Or
Online at
www.activityreg.com

For general information, please contact

Chet Wanlass (801) 253-5236 ext. 1408 cwanlass@sjc.utah.gov

South Jordan Fitness & Aquatic Center | 10866 S. Redwood Rd. | South Jordan, UT 84095