

# 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) 6:00-7:00pm  
Session II-Advanced (M) 7:00-8:00pm (Th) 7:00-8:00pm

### Location:

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

### Cost:

\$65/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 Online at  
[register.sjc.utah.gov](http://register.sjc.utah.gov)

For general information, please contact  
Emily Stephens at [estephens@sjc.utah.gov](mailto:estephens@sjc.utah.gov)

**South Jordan Community Center 10778 S. Redwood Rd. South Jordan, UT 84095**

