

# Tae Kwon Do

**Tae Kwon Do** is the art of self-defense that originated in Korea. The name means Tae (foot), Kwon (hand), Do (art). It is recognized as one of the oldest forms of martial arts in the world, reaching back over 2,000 years.

By practicing patterns and forms (movements) you will develop focus and self-discipline as well as increase muscle tone and strength. Safe stretching will enhance flexibility and the self-discipline learned through practicing techniques, provides the basis for increased confidence and a high code of personal conduct.

Tammy Davis is your black belt instructor. She is a Bondurant community member and has been teaching Tae Kwon Do for 6 years.

Who: Bondurant–Farrar CSD staff and families  
Bondurant community members  
Children 8 years and older are welcome!

When: Tuesdays and Thursdays  
6:30-7:30pm  
Come as often as you can, it's ok to miss classes occasionally.

Where: Anderson Elementary, Old Gym  
400 Garfield St SW  
Please use the east doors to the Old Gym

Cost: Free! No sign up needed.

Attire: Comfortable clothes such as sweats and t-shirts that allow easy movement.

Questions? Contact Amy Smith at 515-967-7819 or  
[smitha@bfschools.org](mailto:smitha@bfschools.org)

This is an opportunity to increase your activity, improve your health and spend time with your family. Come check it out!