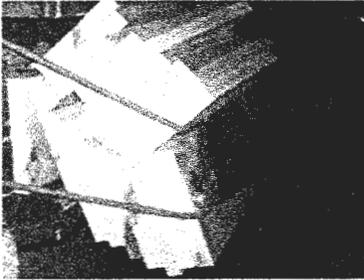




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**Nobel Recreation Center and Athletic Fields**  
**8810 Judicial Drive, San Diego, CA 92121**  
**Phone (858) 552-1626 FAX (858) 550-8152**



- Technique basics (punches, kicks, blocks)
- Self defense situations and tactics
- Chung Do Kwan and WTF martial arts forms
- Sparring and conditioning drills

**San Diego Korean Karate Club**

Nobel Recreation Center near UTC Shopping Center

**Tel: 858.552.1626**

**Tae Kwon Do**

Learn the martial arts techniques taught to the Korean military by Master Won Kuk Lee and Master Duk Sung Son. Develop your speed, focus, power, balance and control for self-defense for a more unified mind, body and spirit.



**Tuesdays & Thursdays:**  
**6 PM—7:30 PM**



For more information, email Sabumnim Joe Montanez [koreankarateclub@gmail.com](mailto:koreankarateclub@gmail.com)

Programs, fees and hours are subject to change without prior notice.  
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