

# self-defense techniques



## Next Date's

Sun, Aug 4th 1:00 pm to 2:30 p m
Fri, Aug 9th 6:30 pm to 8:00 p m
Sat, Aug 10th 6:30 pm to 8:00 p m
Sun, Aug 11th 1:00 pm to 2:30 p m
Sat, Aug 17th 6:30 pm to 8:00 p m

# TaeKarDio!

## Cardio kicking

Tae KarDio, designed after Tae Kwon Do, Korean form of martial arts, incorporates basic kicks and punches in various formats specially-designed to maintain a good working heart rate while balancing the workout between the upper and lower body. There is no question that Tae KarDio is a great way to lose weight and get physically fit. Since the workout is easily adjusted by the participant simply by regulating the power of punches and kicks, the height of kicks, the depth of stances, or the tempo, this is a great workout for the unfit as well as the extremely fit!

### Class times

Mondays, Wednesdays, Fridays, 9:00 - 10:00 a.m.  
 Mondays, Wednesdays,  
 6:00 - 7:00 p.m.  
 Saturday  
 10:00 - 11:00 a.m.

### Class fees

1 class ~~\$8.00~~ \$6.00  
 5 class \$27.00 (10%off) \$5.40  
 10 class \$51.00 (15%off) \$5.10  
 15 class \$72.00 (20%off) \$4.80  
 20 class \$90.00 (25%off) \$4.50  
 25 class \$105.00 (30%off) \$4.20  
 Gold card \*\$70.00

Gold card - month of unlimited classes,  
 The class card is good for 6 months

The Tae KarDio card

Gives you the freedom to pay only for  
 classes that you actually attend!

(No contracts!) Fees are subject to change.

Card is nontransferable. Tae Kwon Do  
 students get Tae KarDio for FREE

**Money back guarantee!!!**

## Tae Kwon Do Class Times & Fees

### Class Fees

Tae Kwon Do classes \$100.00 month  
 (18 classes a week)  
**Little Tigers classes** \$80.00 month  
 (5 classes a week)  
**Day classes** \$80.00 month  
 (7 classes a week)  
**Private lessons** \$50.00 / hr

### Discount

**Military & Law enforcement \$10.00 off**

### Family discount!

1st student full price, 2nd & 3rd  
 students **1/2 price,**

4th and more students are **Only \$10.00 each**

2- Little tigers (\$120.00)

3- Little tigers (\$160.00)

2- TKD student (\$150.00)

3-TKD student (\$200.00)

1TKD & 1 little tigers (\$140.00)

1TKD & 2 little tigers (\$180.00)

### No contracts

annual fees required.

Minimum age 4.

For questions about classes and times  
 or general information

call or Text Master Spellious at

**309-292-4444**

**masterspellious@yahoo.com**

**Spellious Martial Arts Facebook**

**www.spelliousmartialarts.com**

# Don't Be A Victim!

## Women's self-defense

Learn simple self-defense techniques in a 1 1/2 hr class from Master Spellious, a instructor with 39years of experience:

- How to prevent an attack
- How to release yourself from grabs and holds
- Hand and foot techniques
- Defense of common attacks
- Hands-on practice

My name is Jill my daughters and I took the DBAV class I feel so much better about them going off to college. One of my daughters didn't want to go. She said she didn't need this. I have my friends, brother and my father. But after the class she said I do not need to rely on any man to protect me.

Thanks for making me go.

Lisa: I was surprised on the statistics when and where attacks happen!

\$50.00 per person

All participants can earn \$5 off per friend if they bring friends to the class.

Classes designed for women and girls only  
call or text 309-292-4444

Can arrange training at your location!

Spellious Martial Arts  
3707 Ave of the Cities Moline IL 61265

Kris Lorenz- Parent of Tae Kwon Do students



*"What a blessing Spellious TKD has been to our family. Our younger son, Alex, was the first to join. He has really enjoyed mastering new forms and kicks and, of course, breaking boards! I have really enjoyed watching him thrive under the guidance of Master Spellious. Alex's focus and self-confidence has grown and grown. We are proud of him and he is proud of himself, as he should be. He just became a 12-year-old black belt. Alex's older brother, Colin, followed in his footsteps about 10 months after Alex. This turned out to be rewarding as well. Colin has thrived with Master Spellious as well. He has gained skills and self-confidence and he doesn't mind having to bow to his younger brother...too much. I consider Master Spellious and his fine team of teachers to be invaluable role models to my boys. They are shown respect and taught to treat others the same way. The tenants of TKD: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit aren't just words, they are truly taught and practiced here. I whole-heartedly recommend these facilities."*

Visit us at our  
Facebook page  
Spellious Martial Arts  
or

[www.spelliousmartialarts.com](http://www.spelliousmartialarts.com)

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**TaeKarDio!**  
Cardio kicking box

Women's self-defense