

Self Defense / Hapkido

Hapkido is a Korean Martial Arts. It incorporates Judo, Jujitsu, and Tae Kwon Do into its self-defense structure of attack and defense techniques. Hapkido does not just stop at training physical techniques; it also develops mental and emotional discipline in a structured class environment.

Hapkido is the most effective defense against the most common and uncommon assaults. Some techniques practiced are punching, kicking, blocking, and various combinations. Not only will they learn self defense, but they will also learn self respect, self control, self discipline, and the respect of others.

Hapkido instructor Frankie MacDonald has studied Hapkido, the Korean Martial Art of Self Defense since 1997 and is a 5th degree black belt.

The Cumming Recreation and Parks Department is excited to have Frankie working with our youth and adult Hapkido Self Defense programs.



ADULT CLASS SESSIONS

(6-week sessions)

Aug 23—Sept 27
 Oct 11—Nov 15
 Nov 29—Jan 17
 (no class Dec 20 or Dec 27)
 Jan 31—March 7
 March 21—May 2
 (no class Apr 4)

YOUTH CLASS SESSIONS

(6-week sessions)

Aug 24—Sept 28
 Oct 12—Nov 16
 Nov 30—Jan 18
 (no class Dec 21 or 28)
 Feb 1—March 8
 March 22—May 3
 (no class Apr 5)



DAY: MONDAY
TIME: 6:30—8:00 pm
AGES: 12 & up
COST: \$50

LOCATION: Dobbs Creek Recreation Center
INSTRUCTORS: Frankie MacDonald, 5th Degree Masters
 Asst. Patrick Thurman, 3rd Degree Black Belt

DAY: TUESDAY
TIME: 5:30—6:30 pm 7 & up
 6:30—7:30 pm Intermediate
COST: \$45

LOCATION: Dobbs Creek Recreation Center
INSTRUCTORS: Frankie MacDonald, 5th Degree Masters
 Asst. Patrick Thurman, 3rd Degree Black Belt