



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)	YOUTH CLASS SESSIONS (6-week sessions) 
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