

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.

UNIFORMS AND BELT TEST FEES ARE SEPARATE. PLEASE SEE INSTRUCTOR WITH QUESTIONS



ADULT CLASS SESSIONS

(6-week sessions)

Aug 21—Oct 2
(no class Sept 4)
Oct 16—Nov 27
(no class Nov 20)
Dec 4—Jan 22
(no class Dec 25 or Jan 1)
Feb 5—Mar 11
Mar 18—Apr 29
(no class Apr 1)



YOUTH CLASS SESSIONS

(6-week sessions)

Aug 22—Oct 3
(no class Sept 5)
Oct 17—Nov 28
(No class Nov 21)
Dec 5—Jan 23
(no class Dec 26 or Jan 2)
Feb 6—Mar 12
March 19—Apr 30
(no class Apr 2)



DAY: MONDAY
TIME: 6:30—8:00 pm
AGES: 12 & up
COST: \$61

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

DAY: MONDAY
TIME: 4:30-5:30 pm Advanced

TUESDAY
5:30—6:30 pm 7 & up
6:30—7:30 pm Intermediate
COST: \$55

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

Lil' ROOKIES BASKETBALL CLINIC

AGES 5 & 6



The Recreation Department will once again offer its Lil' Rookies Basketball Clinic for 5-&-6-year-olds. This program will meet for a 5-week session for one hour weekly.

The program will be structured in a clinic-type format, with emphasis on teaching basics and fundamental skills, with a little fun thrown in!

January 27th--February 24th

SATURDAY MORNINGS

Session 1 9:00 am—10:00 am
Session 2 10:00 am—11:00 am
Session 3 11:00 am—12:00 pm

(Must be 5 years old by beginning of clinic)

INSTRUCTOR: Devon Caze

COST: \$115

BASKETBALL

