



# Self Defense / Hapkido

Hapkido is a Korean Martial Arts that 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

Frankie has studied Hapkido, the Korean Martial Art of Self Defense, since 1997 and is a fifth degree Masters. The Cumming Recreation and Parks Department is excited to have Frankie working with our youth and adult Hapkido Self Defense programs.

 <p><b><u>ADULT CLASS</u></b>  <b><u>SESSIONS</u></b>            (6-week sessions)  <b>Mondays</b>  <b>March 18-April 22</b>  <b>April 29-June 10</b>            (No class May 13)  <b>June 17-July 29</b>            (No class July 1)  <b>August 12-September 16</b></p> <p><b>DAY:</b> MONDAY  <b>TIME:</b> 6:00—7:30 pm  <b>AGES:</b> 12 &amp; up  <b>COST:</b> \$68  <b>LOCATION:</b> Dobbs Creek Recreation Center  <b>INSTRUCTORS:</b> Frankie MacDonald, 5th Degree Masters            Asst. Patrick Thurman, 3rd Degree Black Belt</p>	<p><b><u>YOUTH CLASS</u></b>  <b><u>SESSIONS</u></b>            (6-week sessions)  <b>Tuesdays</b>  <b>March 19-April 23</b>  <b>April 30-June 11</b>            (No class May 14 )  <b>June 18-July 30</b>            (No class July 2)  <b>August 13-September 17</b></p>  <p><b>DAY:</b> MONDAY  <b>TIME:</b> 4:30—5:30 pm    <b>Advanced</b></p> <p><b>TUESDAY</b>  <b>5:30—6:30 pm</b>    <b>7 &amp; up</b>  <b>6:30—7:30 pm</b>    <b>Intermediate</b></p> <p><b>COST:</b> \$62  <b>LOCATION:</b> Dobbs Creek Recreation Center  <b>INSTRUCTORS:</b> Frankie MacDonald, 5th Degree Masters            Asst. Patrick Thurman, 3rd Degree Black Belt</p>
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