

# Self Defense / Hapkido

Instructor: Frankie MacDonald, 5th Degree Master  
Asst. Patrick Thurman, 3rd Degree Black Belt

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. Classes are held at Dobbs Creek Recreation Center 1115 Dahlonega Hwy.



## Youth Classes \$62

Age 7+ Beginner Tuesday 5:30-6:30 pm  
Intermediate Tuesday 6:30-7:30 pm  
Advanced Monday 4:30-5:30 pm

## Adult Classes \$68

Age 12+ Monday 6:30-8:00 pm

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

## Monday Class Sessions 6/wks

Aug 19-Sept 30  
(no class Sept. 2)  
Oct 14-Nov 18  
Dec 2-Jan 20  
(no class Dec 23 or 30)  
Feb 3-Mar 10  
Mar 24-Apr 28



## Tuesday Class Sessions 6/wk

Aug 20-Oct 1  
(no class Sept 3)  
Oct 15-Nov 19  
Dec 3-Jan 21  
(no class Dec 24 or 31)  
Feb 4-Mar 11  
Mar 25-Apr 29



# Horseback Riding Classes

Instructor Marcy Blue has been teaching & showing for over 30 years. She has a farm in Forsyth County, where she hosts the Forsyth Central Equestrian Team. She has taught lessons through Kennesaw College and features a World Champion among her students and several Top Ten world placements.

She offers English and Western lessons in a fun, friendly and family atmosphere. It doesn't matter if you want to show or just improve your skills for trail riding, Blue Springs Farm is the place for you. Website: [www.bluespringsfarm.com](http://www.bluespringsfarm.com). 9533 Old Preserve Trail, Ball Ground.

## Beginner Riding Classes

Riders will be instructed in the Western style of riding. These classes will help riders build confidence & learn balance. In four weeks, you'll learn safety, grooming & tacking up your horse and will experience Walking, Trotting & Cantering. Beginners & Advanced riders are welcome. The barn is large enough for indoor classes, so classes will be held rain or shine!

## Youth Beginner Class (Age 6-16)

Mondays 6:00-7:30 pm \$227  
Oct 7-Oct 28  
Tuesdays 3:30-5:00 pm \$227  
Oct 8-Oct 29

## Mom's Morning Out Class (Adult)

Wednesdays 10-11:30 am \$227  
Oct 9-Oct 30

