



Kuk Sool Won

Kuk Sool Won is a Korean Art similar to Tae Kwon Do with an emphasis on practical self-protection. The benefits of training in Kuk Sool Won include a higher manifestation of self-confidence, discipline and respect for oneself and others.



CLASSES AVAILABLE

INTRODUCTORY CLASS

Class Meets on Monday Night
in the YMCA Gym

All Ages 6:00 to 7:00 pm

Price:

Ages 6 to 13 \$20 YMCA Members
\$40 Non Members

Ages 14 & Up Free YMCA Members
\$40 Non Members

INTERMEDIATE CLASS

Class meet Monday & Wednesday
nights in the YMCA Gym

Time: 6:00 to 8:00 pm

Price: \$30 YMCA Members
\$45 Non Members

ADVANCED CLASS

Class meets Monday & Wednesday
nights in the YMCA Gym

Time: 6:00 to 8:00 pm

Price: \$30 YMCA Members
\$45.00 Non-members

LITTLE DRAGONS

4 and 5 Year Olds

Little Dragons is based on motor skills, eye hand coordination, listening skills and basic discipline by using an obstacle course, punching and kicking drills, the use of "yes sir", "no sir" and "yes ma'am".

Our Little Dragons have specific codes that the parent can use to control and discipline their children by using martial arts skills for little people.

While in situations in everyday life, such as standing in line at the store, your child will stand up straight by using the code "stand straight". Little Dragons will make your child stronger.

We feel this program will help start your child on a positive path for preschool and kindergarten, enabling them to make positive mental choices that manifest in better overall behavior patterns.

Class meets Monday and Wednesday nights in the YMCA gym.

Time: 5:00 to 6:00 pm

Price: \$40 All Participants

FAMILY RATES

Enjoy \$10 off the registration fee for each additional immediate family member. (limit 2)



Gary Phillips

a long time resident of the White-water Valley has been teaching Kuk Sool Won for fourteen years. His career in Martial Arts started in May of 1980 when he was in the military, stationed at NAS, Norfolk, VA and won three free lessons from the Chuck Norris Martial Arts Studio. After years of study in different disciplines, he currently holds a 2nd degree black belt in Tae Kwon Do and a 4th degree black belt in Kuk Sool Won.

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Having studied various types of martial arts, Gary is convinced that Kuk Sool Won is the most exciting and rewarding form of martial arts.

We are excited to welcome Gary to our Richmond Family YMCA Staff.

We build strong kids, strong families, strong communities.



Richmond Family YMCA
2023 Chester Blvd.
Richmond, IN 47374

Martial Arts

the discipline of

Kuk Sool Won



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