

What Children Gain...

- Respect for parents and others
- Physical fitness
- Defense against bullies
- Confidence
- Fun and friends



Master Mehdi believes discipline transfers to

How to get started?

Age 4 and up

Family rate

Wear comfortable clothing

No contract required!



WWW.TOPTAEKWONDO.COM

612.327.6845

Top Tae Kwon Do

Pass Your Limitation!



**MASTER
MEHDI MIRBAGHERI**

Instructs students in:

Olympic Style Tae Kwon Do

Close Self-Defense

Personal Training

Shaping Up

Building Self-esteem

Leadership

Weapons (Bo, Nunchakus)

**Feel Better Than EVER!
Come and try out a class.**

Study With The Best

About the Instructor:

Master Mehdi Mirbaghri

- Internationally recognized by the World Tae Kwon Do Federation & United States Olympic Committee
- Master of 2 arts – Tae Kwon Do and Kung-fu
- Trained 7 Junior Olympic medalists
- Over 35 years of experience

Master Mehdi also is a:

- ☯ Life Coach
- ☯ Personal Trainer
- ☯ Motivational Speaker

What is Tae Kwon Do?

Tae Kwon Do is a Korean martial art. It is now a recognized Olympic sport. It literally means punching and kicking. Master Mehdi believes Tae Kwon Do is a way of life: teaching individuals to be better, kinder, and more humble.

Where is the school?

Top Tae Kwon Do
510 Jefferson Hwy
Champlin, MN 55316



Tae Kwon Do
One Month Special
\$29.95
With Uniform

The image shows a promotional poster for a Tae Kwon Do class. It features a person in a yellow uniform performing a high kick. The text is in bold, red, and black fonts.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11a-12:50pm	All Belts		All Belts		All Belts	Yoga 9-10a
5:30 – 6:20pm	Children	Purple Belt Up	Children	Purple Belt Up	Purple Belt Up	Family Class 10-11a
6:30 –	All Belt	All Belt	All Belt	All Belt	All Belt	