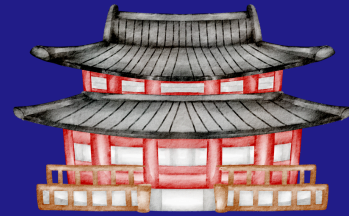




Korean Martial Arts

Soo Bahk Do



Soo Bahk Do is a Korean martial art that develops confidence, discipline and self-control. This class will focus on learning the basics of traditional form and self-defense techniques. Seniors taking this class will work toward improving flexibility, mobility, balance, and awareness. Classes include stretching, aerobic activities and exercises that connect the mind and body.

Emphasis of the course includes personal safety and cultivating a strong, positive and polite character.

Friday, October 3rd and 10th at
9:00am at the Holland Street Center

For more information and to register,
contact Michelle at 617-625-6600 x2315



Persons with disabilities who need ADA accommodations to access this program, please contact Adrienne Pomeroy in advance at 617-625-6600 x 2059 or apomeroy@somervillema.gov.

The City of Somerville can provide you with an interpreter in your language for free.

To request an interpreter, please contact us at languageaccess@somervillema.gov or call 311 (617-666-3311) at least 7 days in advance of this event.