

FOCUS
DISCIPLINE
CONFIDENCE
RESPECT

BRIDGEVIEW PARK DISTRICT
PRESENTS



TAEKWONDO PROGRAM

BUILDING CHAMPIONS ON AND OFF THE MAT!

MASTER JEFFERY WILLIAMS

- ★ United States Marines Corps Veteran – 8 years of service / fought in Desert Shield & Desert Storm
- ★ Owner, Founder & Head Coach of the **Xcellent Taekwondo Center (TEAM XTC)** which is one of the top competition taekwondo clubs in the USA.
- ★ Over **30 years** of coaching and fighting experience in Taekwondo.
- ★ Certified Coach for the Amateur Athletic Union & USA Taekwondo
- ★ Currently conduct training seminars at various schools in the USA & Canada to **Elite/World Class Athletes**.
- ★ Has coached **hundreds** of athletes at the AAU & USA National Championships.



PRICING
\$100

FOR MARTIAL ARTS CLASS

AGES
4-14



**WEDNESDAY
OCTOBER 7TH**

UNTIL

NOVEMBER 25TH



6:00PM - 6:45PM



RESPECT
for Yourself
and Others



FOCUS
in School
and in Life



DISCIPLINE
That Builds
Success



CONFIDENCE
to Achieve
Your Goals

**TRAIN HARD. STAY HUMBLE. NEVER QUIT.
BECOME YOUR BEST!**

708-594-1818

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www.bridgeviewparkdistrict.org