



CALL MARTIN TETACHUK 208-610-6687

CALL JON BROWN 208-536-3921

**BLACK BEAR MARTIAL ARTS OFFERS TANG SOO DO KARATE CLASSES FOR CHILDREN AND ADULTS. TANG SOO DO IS A KOREAN MARTIAL ART WHICH TEACHES EMPTY HAND AND FOOT FIGHTING FORMS AND SELF DEFENSE. TANG SOO DO ALSO TEACHES PEOPLE TO LIVE A HEALTHY AND HARMONIOUS LIFE.**

**KIDS CLASSES ARE MONDAY AND WEDNESDAY AT 4PM AND SATURDAY IS COMBINED KIDS AND ADULT AT 10 AM**

**ADULT CLASSES ARE 5:30 PM MONDAY, 5PM WEDNESDAY AND SATURDAY IS COMBINED KIDS AND ADULT AT 10 AM**

**YOU ARE WELCOMED TO COME WATCH A CLASS AND YOU CAN TRY THE FIRST CLASS FOR FREE.**

**NORTH IDAHO JIU JITSU OFFERS BRAZILLIAN JIU JITSU CLASSES.**

**BRAZILIAN JIU-JITSU ("BJJ") IS A MARTIAL ART, COMBAT SPORT, AND A SELF DEFENSE SYSTEM THAT FOCUSES ON GRAPPLING AND ESPECIALLY GROUND FIGHTING. JIU JITSU OFFERS CLASSES TUE, WED, THURS, AT 5:30 PM, AND SATURDAY MORNING.**

**YOU ARE WELCOMED TO COME WATCH A CLASS AND YOU CAN TRY THE FIRST CLASS FOR FREE.**

