

# CAN YOU DEFEND YOURSELF YET?



DOING THE MOST GOOD

712 W. Abram Street  
(817) 860-1836



YOUTH  
EDUCATION  
TOWN  
NORTH TEXAS



In partnership with:



## Taekwondo & Self-Defense

Ages: Teens, Adult Women, and 6-12

Tuesdays & Thursdays 6:15pm - 7:00pm

Respect  
Confidence  
Self-Discipline  
Physical Fitness  
Self-Defense  
Integrity  
Strength



**FREE** for Carter & Bailey Jr. High students  
*(includes access to many other YET activities)*

**Space is limited, so sign up today!**

*(participants are expected to consistently attend both sessions each week)*