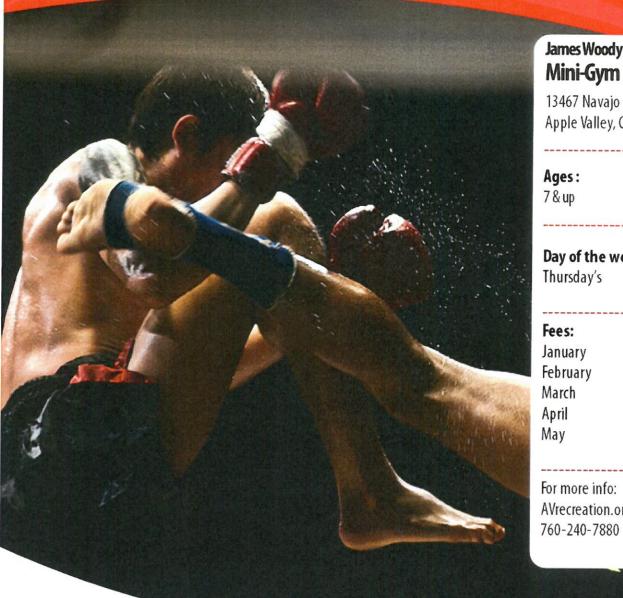
Apple Valley Parks & Rec

Ataru Do



James Woody Community Center

13467 Navajo Road Apple Valley, CA 92308

Day of the week:

\$20 \$20 \$24 \$20 \$16

For more info: AVrecreation.org



Town of Apple Valley Parks & Recreation Dept. 14955 Dale Evans Parkway Apple Valley, CA 92307 (760) 240-7880

AVrecreation.org



Students will learn a combination of basic to advanced traditional martial arts and self-defense from Ataru-Do, Tang Soo Do, Karate, Kickboxing and Tetsobu Jutsu (The way of the Iron Stick); along with strength and fitness exercises that make this an effective form of defense for the street as well as tournament competition.