

# Ataru Do

## James Woody Community Center Mini-Gym

13467 Navajo Road  
Apple Valley, CA 92308

### Ages:

7 & up

### Day of the week:

Thursday's

### Fees:

January	\$20
February	\$20
March	\$24
April	\$20
May	\$16

For more info:

[AVrecreation.org](http://AVrecreation.org)

760-240-7880



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

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.