

Who we are

We are a non-profit Tae-Kwon-Do (TKD) Martial Arts School that has been successfully training students in the SEP community for over twenty years and train those 5 years old through adult.



Fall 2017 Tuition Special for new students: 1 month free for SEP students and 2 months free for SEP Adults. Space is limited to the first 20 students who enroll and mention this offer.

Fun & Exciting

Our curriculum consists of self-defense, sparring, board breaking, and tae-kwon-do techniques & tenants: Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit. Each of these is designed to build coordination, respect, self-confidence, discipline, fitness, flexibility, and balance. Students may participate in local and regional tournaments for the additional challenge and comradery.

Self-Defense

Our branch is located at 1250 NE 56th St. in the Shining Stars Day Care & Assembly Hall, next to the post office in Pleasant Hill. For further information, stop by and visit during class, call 515-412-0502, email us at trmapleasanthill@gmail.com, or check out our website at www.tworiversmartialarts.com.



Challenging

Times: Tues. 6:15-7:30 pm; Thurs. 6:45 - 8 pm

Trial Period: Try out two classes, no obligations

Tuition: \$20/mo. (family discounts available)

Attire: comfy clothes (no pockets preferred)

Instructors: Ms. Adamson & Mr. Wilwerding

Recommended for ages 8 and older

Cub's Club: for ages 5 – 7, Thurs. 6:10 – 6:50 pm