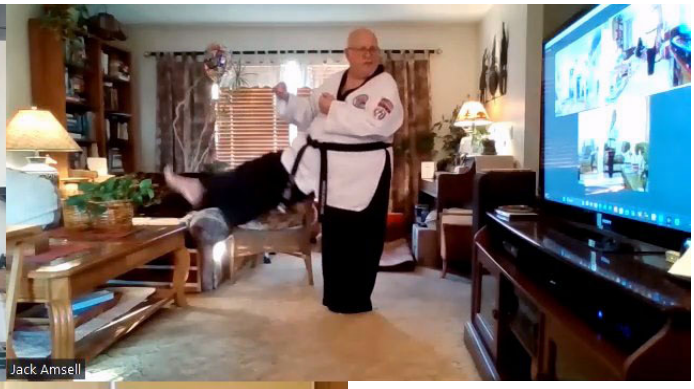
Martial Arts for Personal Growth

Wellness, Mindfulness, and Camaraderie

American Moo-Do Kwan



Traditional Values

Safe, Effective Training

Chief Instructor: Jack L Amsell

- **7th Degree Black Belt**
- **USOC Officer, Referee & Coach - 1982-2008**
- **US Army Vietnam Veteran**
- **Human Behavioral Sciences Degree - CSUDH**
- **Serving the City of La Palma since 2001**
- **American Moo-Do Kwan Founded - 1972**
- **Specializes in Seniors and Challenged students**

- √ ***All Ages & Skill Levels Welcome***
- √ ***Specialized Training Offered***
- √ ***Veterans, Welcome Home!***
- √ ***Tues/Thurs, 5-7 PM - Sat, 9-11 AM***
- √ ***Month-to-Month - No Contracts***

FREE

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Call for Consultation

☎ (562) 881-0706

Email: jlamsell@verizon.net

www.americanmoodokwan.com

Martial Arts for Adult Growth

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Martial Arts for Junior Growth

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Martial Arts for Veterans

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