

**An Ultimate Unarmed Self-Defense**

Tae Kwon Do is an art form that is effective and great way to unify the mind and body; it develops one's health by increasing cardiovascular ability, strength, balance and flexibility.

**Instructors**

**Sr. Master Jane Yi**

35+ years experience

**Instr Michelle Aenk**

20+ years experience



Sun Yi's Academy is a internationally recognized and accredited School of Martial arts.

Courtesy Integrity Perseverance Self-Control Indomitable Spirit

**6:30pm Thursdays @ Performance Center**

421 SW Van Buren St ~ Topeka, KS 66603

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