

## Certified & Experienced Instructors

Our Black Belts are certified with the USTF-ITF. We study and teach ITF Taekwon-Do also known as "Original" or "Military" Taekwon-Do. For details please call, visit us or see our school website.

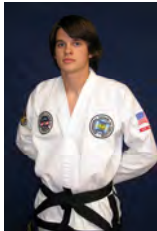


### Mike Glencross

Owner/Head Instructor  
4th Degree Expert  
Class B Instructor  
Class A Referee

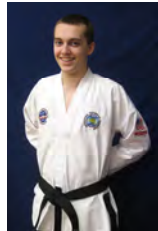
### Dale Hutcherson

4th Degree Expert  
Class B Instructor  
Class B Referee



### Luke Adams

2nd Dan Black Belt  
Class B Referee



### Andrew Glencross

2nd Dan Black Belt  
Class B Referee



### Barb Newby

1st Dan Black Belt  
Class C Referee



### Chris Platner

1st Dan Black Belt  
Class C Referee



### Chad Rhynard

1st Dan Black Belt  
Class C Referee



### Erin Mason

1st Gup Red Belt  
Class C Referee



All fitness and skill levels are welcome.  
Ages 7 and up.  
Please call or visit our website for more information.

**First Two Classes Free!**

Downtown Walla Walla  
27 West Poplar  
386-4TKD (4853)

[CenterlineMartialArts.com](http://CenterlineMartialArts.com)



# Centerline Martial Arts

Representing the USTF since 1996



## The Perfect Balance Of

- ◆ **Traditional Martial Arts**
- ◆ **Modern Self-Defense**
- ◆ **Fitness**
- ◆ **Fun**



### Fun & Challenging Fitness

Centerline is a family friendly Martial Arts and Fitness curriculum. Our school is completely ego free and unintimidating.



Our Martial Arts program is fun and challenging. You will get an **amazing workout** while experiencing the many benefits of true Martial Arts training.

Workouts are always engaging. Students perform at **their own pace** and **within their own abilities**.



### Relieve Stress & Have Fun!

**Adults** and **children** enjoy our fun and challenging workouts. Your training is dynamic and progressive so you are always learning and facing new challenges.

Workouts consist of:

- ◆ Exercising
- ◆ Stretching
- ◆ Forms
- ◆ Breaking
- ◆ Light contact padded sparring
- ◆ Self-defense techniques



CenterlineMartialArts.com



### Challenge Yourself— Sweat, Laugh, Learn & Have Fun!

Centerline combines ITF with Modern Self-Defense and Fitness for **fun, safe** and **challenging** workouts that you will look forward to.



### The Power To Change Your Life

Our program will Improve:

- ◆ Cardio
- ◆ Strength
- ◆ Balance
- ◆ Flexibility
- ◆ Coordination
- ◆ Confidence
- ◆ Mental Awareness
- ◆ And so much more!



Home of the  
National  
Junior & Adult  
Grand Champions