



Des Moines | West Des Moines | Indianola | Carlisle | Altoona | Winterset | Lamoni

Two Rivers Martial Arts is a martial arts school teaching traditional Tae Kwon Do based on five tenets: Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit. We are non-traditional because we have no headmaster; we are a non-profit organization run by a board of directors. All of our instructors are volunteers.

Benefits

- Improve Cardiovascular Fitness
- Gain Strength
- Improve Balance and Coordination
- Learn Self-Defense
- Improve Self-Confidence

Why Train Here?

- Experienced Instructors – Many of our instructors are 5th or 6th degree Black Belts with years of teaching and training experience.
- Family Atmosphere – Family members may train together regardless of age.
- Better Prices – There are no joining fees, no annual fees, and our prices are 30% to 50% lower than most other schools. Family discounts are also available.
- Unlimited Classes – Attend class at any of our locations at no extra cost.

Special for State Employees

The first two-month session is free for State of Iowa Employees and their immediate family members.

*Proof of current State of Iowa employment (employee ID card) is required.

Two Rivers Martial Arts
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Phone: (515) 285-5049

Office Hours M-F 5:30 pm - 7:00 pm, Sat 11:00 am - 12:30 pm

www.tworiversmartialarts.com

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