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Question:

What is **Tae Kwon Do**?

Answer:

It is a martial arts class that focuses on self-defense, discipline, respect, and self-control.

**Where:** McClure Park  
7440 E. 7th St.  
(918) 669-6678

**When:** Mon. & Wed.  
5-6 pm or 6-7 pm  
Ongoing

**Ages:** 6 & Older

**Cost:** \$37 per month

**Instructor:** Ray Atkinson  
Black Belt Certified

