

Martial Arts & More

FREE Low-Impact Aerobic Class: A Poetic Experience of Mind & Body

Instructor: Master Paul Flaherty

All Ages, though under 18 must be
accompanied by adult

Monday, Wednesday & Friday
9:00-10:00 a.m.



**Each class includes elements of the
following:**

Tai Chi
Taekwondo: Blocks & Punches
Forms: Chon-Ji & Shou Shu1
Qi Gong: Precious 8 Exercises
Self-Defense
Haiku to begin and end each class

Free t-shirt after attending 10 classes / Certificates and other rewards

ROMP Rummage Store, 112 E. Main, Locust Grove OK

Outside if weather permits: Inside if not

DETAILS: 918-864-9152 or ROMPoetry@gmail.com

FREE CLASS: Sponsored by the Rural Oklahoma Museum of Poetry

ROMPoetry.com

Martial Arts & More Class Information & Registration Form

This class involves practice in stretching, breathing exercises, self-defense moves and forms. It is free of charge and designed for adults. Children are allowed if an adult is with them.

When/Where: Mondays, Wednesdays & Fridays, 9:00-10:00 am
ROMP Rummage Store, 112 E. Main

Why: This course is designed to improve flexibility, strength, self-defense moves, and balance.

Who: The course is taught by Master Paul Flaherty, who has many years of experience and teaching practice in various martial arts disciplines.

A signed registration form is required for your participation in the class.

Registration Form: All Information Must Be Complete.

Name_____

Age_____ Phone_____

We will text you if class is cancelled for any reason.

Address_____

Email_____

Participation in any exercise or exercise program involves the possibility of physical injury. If you engage in this program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Paul Flaherty and ROMP Rummage Store, Rural Oklahoma Museum of Poetry, and LG Plaza from any and all claims or causes of action, known or unknown, arising out of this program.

_____ (Please check) I agree with the participation indemnity statement above.

_____ Signature _____ Date _____

This class is sponsored by the Rural Oklahoma Museum of Poetry (ROMP) and includes writing haiku poetry for each class.

