

KARATE FOR KIDS



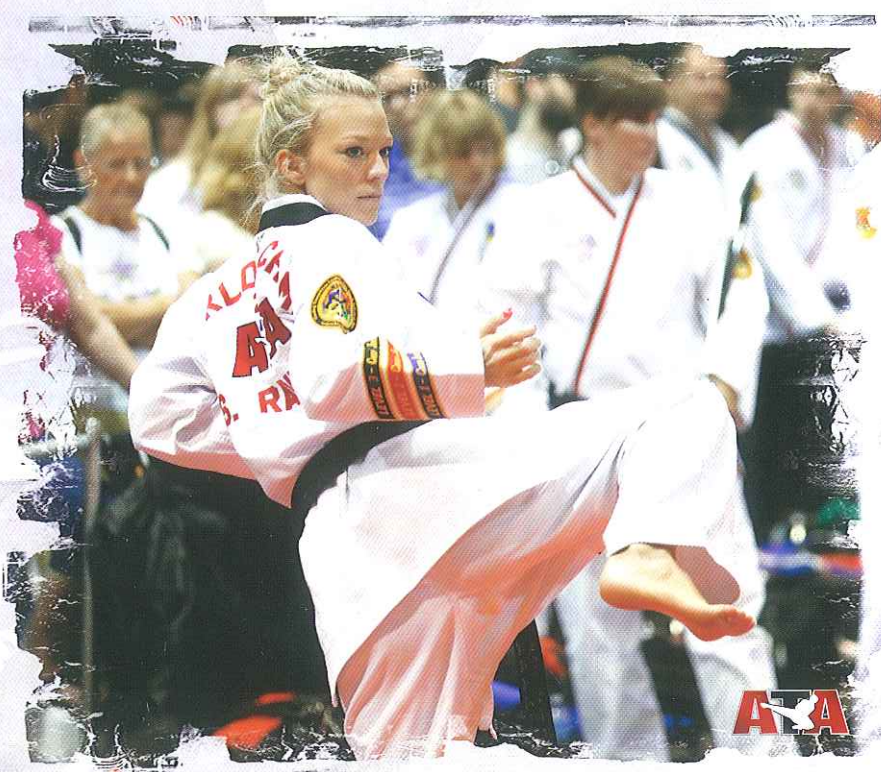
Respect, dedication, determination, and confidence—all are qualities that can help your child excel in the classroom and at home. With ATA, the Karate for Kids program helps students build these characteristics and so much more.

Karate for Kids provides comprehensive Songahm Taekwondo instruction customized to build on the way kids learn and develop. This program encourages achievement, growth and success by offering awards for outstanding performance in karate class, school, home, or at tournament competition. By participating in Karate for Kids, your child will gain valuable knowledge and skills that allow them to excel socially and academically. The martial arts skills learned are also a great way to boost confidence and enhance their physical strength and fitness. ATA helps to encourage personal victory and goal-setting with an organized belt ranking system that inspires students to always strive for that next level.

Talk to your instructor today to learn more about what Karate for Kids can offer your child.



MARTIAL ARTS FOR ADULTS



It's never too late to learn something new. Whether you are in excellent physical condition, looking to loose weight and get back in shape, or just looking for something new, ATA martial arts offers a variety of options for adult men and women.

High-intensity fitness: Focus on improving the power, strength, and speed of your body in a way that is both challenging and engaging. Martial arts utilizes all muscles of the body making it one of the most exciting ways to help get in and stay in shape.

Self-defense: Learn a variety of tactics that are relevant in today's world and can help you feel secure in knowing how to defend yourself and your family in potentially dangerous situations.

Character reinforcement: The moral foundation of Songahm Taekwondo is just as valuable as the physical strength and agility it helps to create. With the foundations of loyalty, perseverance, respect, and honor, among many others, you will increase your confidence and help refocus yourself both personally and professionally.

Whether you are 18 or 80, ATA will offer you a new challenge and an opportunity to receive quality martial arts training that can carry over to all aspects of your life. Ask your instructor about adult martial arts programs available for you.



ATA COMBAT SYSTEMS



Take your martial arts training to a new level. While training in Taekwondo helps improve your confidence and the ability to defend yourself, the ATA Combat Systems will help you achieve a heightened capacity for self-defense with practical applications and real world scenarios.

Self-Defense Training

When the speed and power developed through Taekwondo is used in a self-defense situation, the result can be incredible. Learn how to use key techniques and your own natural, physical strength to over power even the largest opponent. This elite training will help improve your agility, anticipation skills, and reaction time.

Weapons Training

The practice of weapons in martial arts dates back to ancient history; today, similar weapons training techniques are used to help improve hand-eye coordination, increase upper body strength, and add excitement and fun to your martial arts training.

With ATA Combat Systems, you can increase your confidence in the ability to take on any situation. Contact your instructor today to learn more about the specialized self-defense and weapons training available.



COMPETITION & TOURNAMENTS



Competition is not just about beating an opponent; it is about allowing participants to display and improve their skills in a safe environment. With ATA, tournaments are one of the most dynamic and fun aspects of Songahm Taekwondo.

For over 40 years, ATA has offered a fun and controlled tournament environment. ATA hosted tournaments are exclusive to ATA members and organized for maximum participation. These tournaments provide participants the chance to compete against competitors of their own age and rank to ensure fair and equal competition. Most importantly, competing in a tournament is about much more than just a trophy. It provides students an opportunity to make new friends, learn to overcome nerves, and enhance their skills and technique. Whether or not they win, participating in organized competition is a key component to learning and growing in martial arts.

ATA hosts national tournaments in the Fall, Spring, and an international competition in the Summer. In addition to these annual tournaments, there may be other tournament opportunities available in your district, region, or right in your local school. Talk to your instructor to learn more about how you can participate in the next tournament.

