



The Adult & Taekwondo

THE MARTIAL ARTS LEADER ADULT PROGRAMS HELP YOU DEVELOP AND MAINTAIN A SOUND BODY AND MIND, WHILE INCREASING YOUR ABILITIES TO DEFEND YOURSELF.

EXERCISE AND IMPROVE WELL-BEING

TAEKWONDO STRENGTHENS YOUR BODY AND IMPROVES YOUR HEALTH THROUGH PHYSICAL EXERCISE AND CONDITIONING. ISOMETRIC AND DYNAMIC TENSION EXERCISES WILL ALLOW YOU TO GAIN BETTER MUSCLE TONE AND MORE STRENGTH. A GRADUAL BUILDING PROCESS OF SAFE AND EASY STRETCHING TECHNIQUES WILL ENHANCE FLEXIBILITY WHILE BREATHING AND CONCENTRATION EXERCISES LEAD TO SHARPER REFLEXES AND SENSES. THE DISCIPLINE OF TAEKWONDO LEADS TO INCREASED ENERGY, BETTER HEALTH AND FITNESS, GREATER COORDINATION, AND HIGHER SELF-ESTEEM. THESE QUALITIES ARE VITAL TO A HAPPIER, LONGER LIFE.

SELF-DEFENSE

THE MARTIAL ARTS LEADER PROGRAM HELPS YOU RECOGNIZE AND HANDLE SITUATIONS IN WHICH SELF-DEFENSE MAY BE REQUIRED. USING OUR COMPLETELY INTEGRATED SYSTEM YOU CAN LEARN THE TECHNIQUES YOU NEED TO DEFEND YOURSELF INTELLIGENTLY IN THREATENING SITUATIONS. WHAT YOU LEARN COULD PREVENT YOU FROM BECOMING A VICTIM.

**THE MARTIAL ARTS LEADER Will Be Your Family's
PERSONAL SUCCESS TRAINER !**