

# AAA\*USA

**(757) 303-5456 (757) 903-1516**

## **Benefits of Taekwondo and Hapkido Training**

**Taekwondo is the universal martial art of self-defense developed in Korea more than 2000 years ago, emphasizing foot and leg techniques.**

**In 2000 Taekwondo became a full medal sport in the Olympics.**

**Family owned, AAA\*USA is led by Master & Mrs. Tinnon**

**Benefits of Taekwondo Physical – Taekwondo offers optimum long-term fitness training for life. You will become more flexible, have more energy, and be stronger than ever; plus, you learn self- defense techniques.**

**Combat Hapkido training led by Master Instructor Doug Boyd provides expert close quarters self-defense skills for adults closing the third ring of defense generally known and practiced throughout the world, including Americas' armed forces. There are long distance, intermediary and short distances, or close quarters, providing the most effective defenses known.**

**Mental – You will build your inner strength and become a more powerful and confident individual by *creating and setting personal goals*, which will increase your self-respect & confidence and lead you to a more productive life. Great achievements are often merely the accumulation of *several smaller goals, or steps*. *Developing the habit of goal setting is proven to be a teachable skill* in the appropriate environment. Motivation grows with every positive experience, action and accomplishment. Creating what we call “The Winning Habit”**

**Philosophical – The Five Tenets of Taekwondo are: Courtesy –Respect for others and respect for authority, excellence of manners Integrity – Dependability, good judgment, doing the right thing Perseverance – Continue to reach your goals, whatever it takes Self-Control – Strength to do what it right in spite of conditions around you, Indomitable Spirit – Courage unconquerable, the inability to accept surrender**

**This self-motivating program will help you achieve good grades in school, success in your job, develop social relationships and be positive in your life.**

## **“World Taekwondo Federation”**

**The world's largest martial arts federation with over 50 million members**