

Tae Kwon Do description in general

Tae Kwon Do is the ancient Korea art of unarmed combat, passed down from many centuries from masters to devoted students. Tae means to smash or kick with the foot. Kwan means to punch or attack with the hand. Do means art or way literally translated Tae Kwon Do is the art of hand and foot fighting.

In Tae Kwon Do the student will learn self defense skills, gain confidence, comradeship, discipline of the mind and body, health and fitness and stress reduction.

Tae Kwon Do class descriptions

Beginning Tae Kwon Do Class I and II (white belt through gold belt, ages 4 years old and up)

Beginning Tae Kwon Do teaches the student the basics of Tae Kwon Do. By learning the rudiments in the 20 basic motions basic self defense skills are taught. Students also learn the beginning set of forms. Students can progress in the art through testing which is done at our main branch with Grandmaster Hong Kong Kim in Westchester, OH.

Intermediate Tae Kwon Do I (closed class by permission of the instructor only)

Students are exposed to more of the philosophy involved with the Martial Arts and in Tae Kwon Do in general. Students are shown more in-depth meaning behind the forms and 20 basic motions that are shown. As the student develops with in our art, self control is one of the fundamentals that is taught to the student. Students are exposed to more of sport aspect of our art. Students can progress through testing which is done at our main branch with Grandmaster Hong Kong Kim in Westchester, OH

Advance Tae Kwon Do I (closed class by permission of the instructor only)

By the time student reaches brown belt level, the students has an in-depth knowledge for what the art teaches. Students work with more practical applications such as fall techniques, rolls, self - defense take downs, advance forms and contact sparring with chest protectors. At brown belt and above the students is encourage to go up to Grandmaster Master Kims for advance training underneath his guidance. Advance class up at Grandmaster Kims is for Brown Belts and above. Students can progress through testing which is done at our main branch with Grandmaster Hong Kong Kim in Westchester, OH

Tae Kwon Do Tournament Class

Road to the Olympics begins here. Learn proven techniques that will take you to the top from 1992 Olympic Coach Grandmaster Hong Kong Kim and USAT member Mr. Aaron Rumsey. The tournament class will compete in local and national tournaments that are qualifiers for the Olympics. Any tournament outside of Grandmaster Kim's Inner school

tournament, the student must be a USAT member. Additional fees may apply. Students must be apart of the other classes before joining the tournament class. Open to all ranks and ages.