

Adult & Teens Tae Kwon-Do

There are many reasons why adults participate in Tae Kwon-Do training. It is a great way to get in shape and maintain a sound physical fitness regimen. It is also an excellent way for you to gain the proper self defence skills that every person should have in today's society. The benefit of knowing how to ensure your safety in any given situation gives you a sense of control and empowerment over everything you do in your daily life.

This training system is effective for adults, no matter what the fitness level or age. It teaches the basic fundamentals of self-defence while providing a strong cardiovascular workout. The high level of personal challenge also aids in relieving stress and tension.



Benefits:

The physical and personal benefits of this system can help teens and adults:

- Relieve tension
- Increase stamina
- Lose weight
- Reduce stress
- Gain confidence
- Improve coordination
- Get and stay in shape
- Learn self defence



The Adult Tae Kwon-Do system is a lifetime learning concept based on centuries old martial arts designed to take the student from White Belt to Black Belt and beyond!

WHAT IS TAEKWONDO?



Translated, Taekwondo means "The Art of the Hand and Foot," and originally comes from Korea, where it is still practiced as a national sport. Taekwondo is an exciting and powerful martial art known for its dynamic kicking and hand techniques. Taekwondo is also one of the world's newest martial arts, formally getting its name in 1953. Its roots, however, are based on techniques tested for thousands of years. Martial arts techniques provide training of both the body and the mind toward the goals of physical fitness, self-defense, self-control, and self-realization

Call us today to get started!