

FOR KIDS

There are many reasons for kids to become involve in the martial arts. This program is developed on traditional Taekwondo for children and teens. The Taekwondo for kids is based on a lifetime learning experience in addition to technical skills and high standard values.

Taekwondo develops many necessary skills for children like: motor skills and enhance their ability to focused and pay attention. Also they will gain balance, flexibility, coordination and strength among others. If there is something important about Taekwondo is not just to build a strong body, but to build a strong mind and character as well.

MONTHLY RATES

Kids: \$40 per month (30 min. classes)
Adults: \$45 per month (1 hour classes)
Rates include 2 classes per week per month.

Schedule:

Kids ages 4-12:
Thursday & Friday 6:45 – 7:15 P.M.
Saturday 9:30 – 10:15 A.M.
Adults:
Monday & Tuesday 7:15 – 8:15 P.M.
Thursday & Friday 7:15 – 8:15 P.M.
Saturday 10:15 - 11:15 A.M.

TAEKWONDO AT BRAVO

WHAT IS TAEKWONDO?

Taekwondo is the most systematic and scientific Korean martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind. Today, it has become a global sport that has gained an international reputation, and stands among the official games in the Olympics.

PHILOSOPHY

The philosophy of Taekwondo is very special, but what makes so special? If we learn philosophy from books, we tend to forget it as soon as we leave them, because is not related to our lives. But since Taekwondo is connected with our lives like every movement of course is, we can never forget its philosophy.

PRESENT DAY TAEKWONDO

Taekwondo was admitted to the Asian games as an official event. In 1975 Taekwondo was accepted as an official sport by the U.S. Amateur Athletic Union [AAU] and also admitted to the General Association of International Sports Federations [GAISF], followed by the adoption of official sports event by the International Council of Military Sports [CISM] in 1976. The World Taekwondo Federation [WTF] became an IOC recognized sports federation in 1980, making Taekwondo an Olympic sport. Taekwondo has been represented in World games, pan-American games, Seoul, Korea 1988, Spain 1992, Atlanta, USA 1996, Sidney 2000, Athens 2004 and Beijing 2008 Olympic Games.

FOR ADULTS

Taekwondo is not just for kids or fit persons. It develops physical fitness, coordination, flexibility, and balance in a good environment. The student will learn to be confident, self assured person, at work, home also in the street.

Taekwondo builds stronger minds and buddies in the meant time you will get in better shape with every class you take at the Do Jang. In today world people need a lot of will to get started in just about anything, Taekwondo is one most self motivated sport that provided amazing results, why? Because it is not just another sport; is a way of life.

Another benefit of Taekwondo is leadership, there are many people, teachers ,engineer's, doctors, community leaders ,manager's, who practice this martial arts ;they benefit of that characteristic of taekwondo. You could reach your goal's too if you practice with dedication and discipline. Also you will see dramatic improvement in your life!

Values

Discipline: we need it to accomplish our goals!
Courage: It is very important to never give up!
Patience: All the times to learn and succeed!
Respect: Give respect; then you will get respect!
Honor: God, parents, family & others!
Self Control: Think before you talk and act!

To register:

Call (870) 863-9307

FAMILY DISCOUNTS AVAILABLE!!