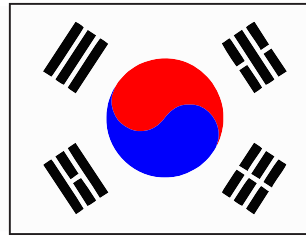


History

TaeKwonDo is a commonly practiced Martial Art originating from Korea. This traditional art is very popular due to its relative simplicity and its practical applications. In Korean, Tae means to destroy with the feet, Kwon means to strike with the hand, and Do means the path, or the way. Thus TaeKwonDo can be translated to "the way of the hand and foot." The foundation of Tae Kwon Do is the use of mobile kicks, due to the fact that the length of the leg allows you to keep your opponent at a distance, thus keeping the fight on your terms. The hands are also very important in Tae Kwon Do. Back fists, punches, strikes, and a myriad of blocks are all executed with the hands. Tae Kwon Do is more than a mere physical fighting skill. It represents a way of thinking and a pattern of life requiring strict discipline. It is a system of training both the mind and the body in which great emphasis is placed on the development of the trainee's moral character.



D.S. Kim's Black Belt School
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Kukkiwon
Olympic
Training
Center

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D.S. KIM'S
BLACK BELT SCHOOL
TRADITIONAL TAE KWON DO

MIND & BODY
Success For Life

We can teach you the keys to success:

- Discipline
- Mental Focus
- Confidence
- Courage
- Positive Mental Attitude
- Self Defense



Special Introductory Offer

30 days for \$50

Includes a **FREE** Uniform!
Call Today to Reserve your Spot!
Space is limited.

Our School

D. S. Kim's Black Belt School is the finest school in the area, dedicated to making your Martial Arts experience enjoyable and satisfying. Our Instructors are the best. They have studied and trained for years to qualify as part of the D.S. Kims's Black Belt School Team, and their primary goal is to assist you in being the best that you can be. Our carefully structured programs go far beyond punching, blocking, and kicking.

Our Programs

Little Dragons (Ages 4-5)

Your kids are never too young to build self-esteem. Our Little Dragons program has been carefully developed for children, ages 4 and 5, to introduce and reinforce the important life lessons that you want them to learn. We start with lots of fun, promote teamwork and friendship and help your child to create a strong individuality and to develop the self-esteem necessary to succeed.

Little Tigers (Ages 6-7)

Our Little Tigers program teaches children Fitness, Confidence and Discipline while having fun in a safe and secure environment. Working on Motor Skills Development such as balance, coordination and dexterity will prepare children for life challenges.

Juniors (Ages 8-12)

Your child will enjoy this pre-teen program because it's fun and exciting and you'll love it because we'll support your role as a parent...making your job easier! In addition, research has proven that martial arts training raises kids' school grades.

Students will learn to:

- Treat themselves and others with respect
- Concentrate and always do their best work
- Serve as a positive role model for others
- Take responsibility for their actions
- Be proud of their accomplishments



Teens & Adults (Ages 13 and up)

Martial Arts is more than a physical activity, it's total fitness training of the mind, body and spirit. Look better, feel better and develop stronger confidence and self-control, which leads to better decision-making skills.

Our school's structured curriculum and professional instructors will carefully guide you through a succession of challenges that are healthy, fun and build confidence.

Martial arts training is Training for Success, Training for Life!

Traditional Budo Weapons Classes

These Classes are offered and designed for advanced Tae Kwon Do students and are held several times a year.

Women's Self Defense Workshops

D.S. Kim's Black Belt School offers self-defense workshops for women. The workshops include a combination of Aikido, Hapkido and Tae Kwon Do techniques. Participants will learn basic, easy to apply hand techniques, choke hold escapes, and much more.

Our Instructors

- **Head Instructor Ted Price** is a 3rd Dan Kukkiwon Certified Instructor combined with over 30 years experience in other disciplines. He trained under 7th Dan Kukkiwon Certified Grand Master D.S. Kim.
- **Instructor Michael Wiener** is a 2nd Dan Kukkiwon Certified Instructor.
- **Instructor Christine Price** is a 1st Dan Kukkiwon Certified Instructor.

