

TAE RYONG PARK ACADEMY

Teen & Adult PROGRAMS

Tae Kwon Do is a mental and physical discipline designed over 2000 years with the ultimate goal being mental and physical health while providing excellent self defense.

At the TRP Academy, we help you to train to the best of "your" ability. Some students come to us in shape looking for something more challenging, while other have come to us 100 pounds overweight... most come to us with limited flexibility.

Regardless of your physical conditioning or goal, as a student, you are looked upon as an individual, never compared to anyone else. Our instructor will be there every step of the way.

All that is expected of you is a willingness to try.



TAKE CHARGE OF YOUR LIFE!

Our fun & exciting adult martial arts programs will strengthen your body and improve your health through physical exercise and conditioning. The discipline of both Tae kwon do and Hapkido leads to increased energy, better health and fitness, greater coordination, and greater confidence.

These qualities are vital to a happier, longer life. The TAE RYONG PARK ACADEMY offers a carefully planned program of exercise, visualization and instruction that is ideal for self-development, because it exercises all of you ... **MIND, BODY & SOUL!**

HAPKIDO

THE ULTIMATE IN MIXED MARTIAL ARTS

Our World Class Hapkido program develops within its students an amazing skill which unlocks the hidden powers of strength and confidence in even the smallest person - young or old, male or female.

**SUITED FOR THOSE WHO ARE IN LAW ENFORCEMENT
OR WISH TO ENTER LAW ENFORCEMENT**

- DYNAMIC STRIKING AND KICKING TECHNIQUES
- OVER 2000 JOINT LOCKS AND PRESSURE POINTS
- MULTIPLE ATTACKER DEFENSES
- THROWS AND TAKEDOWNS
- WEAPONS DISARMAMENT
- GROUND FIGHTING



ENROLL NOW! 477-KICK (5425) www.TRPAcademy.com