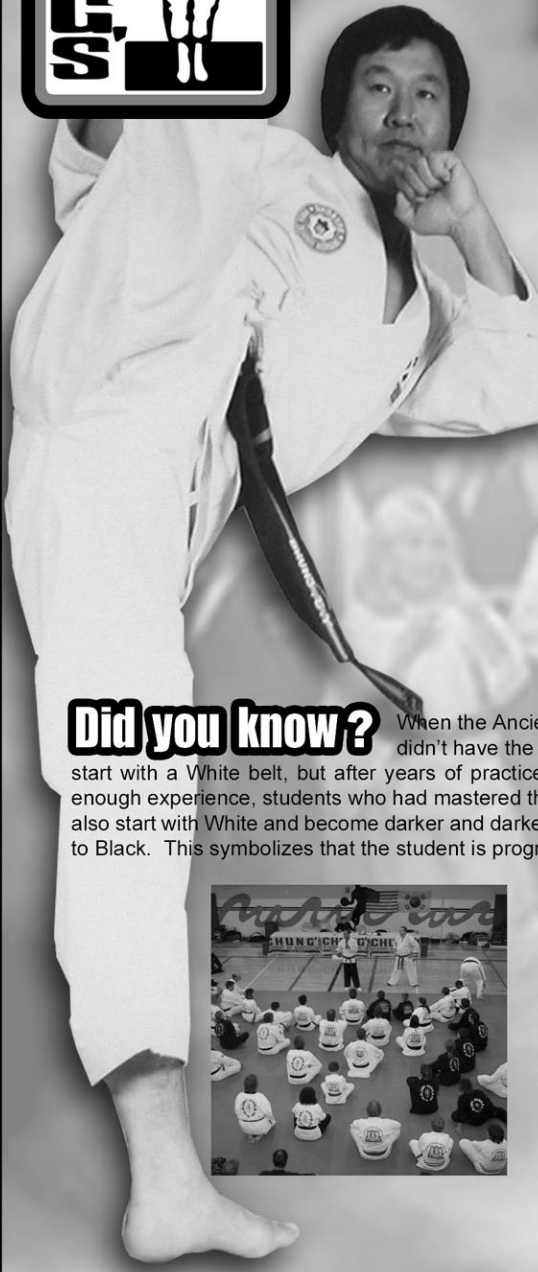




Chung's Academy of Martial Arts

태권도



What other activity can you find that will let your whole family come together no matter what your individual ages or levels of experience are?

Chung's Academy structures Family Classes to support growing, learning, and training together. Not only will there be the benefits of your physical and mental training, but you will also see how our programs help your family to bond outside of the classroom by sharing your common experiences.

The Dojang, (or "training hall"), is a miniature model for our lives outside in the world beyond where students are asked to confront their fears, challenge their skills, and develop as human beings.

Haven't you dreamed of taking a more active part in your children's development? Come and experience the thrill of finding the balance you've been looking for in both your personal, and in your family's goals.

Did you know?

When the Ancient Hwarang developed Tae Kwon Do over 1200 years ago, they didn't have the ability to wash their belts with Tide or Liquid Bleach. They would start with a White belt, but after years of practice their belts would become darker and darker. Eventually, with enough experience, students who had mastered the training would have Black Belts. The colors in our belt system also start with White and become darker and darker as they move through Yellow, Green, Blue, Brown... all the way to Black. This symbolizes that the student is progressing with the "dirt of experience".

There are 1,000's of Reasons to Begin your training in the Martial Arts:

- Improved Balance
- Improved Flexibility
- Increased Strength
- Weight Loss / Control
- Self-Discipline
- Meditation
- Physical Conditioning
- Confidence
- Self-Defense
- Tournament Competition
- Goal Setting
- Increased Speed
- Increased Stamina
- Cardiovascular Exercise
- ...and More!

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We offer a variety of Martial Arts!

Judo
 Kyuk Ki Do Hapkido
 Tae Kwon Do
 Weapons
 Self Defense

All Ages Welcome! Come sign up for 1 Month FREE Trial Lessons!

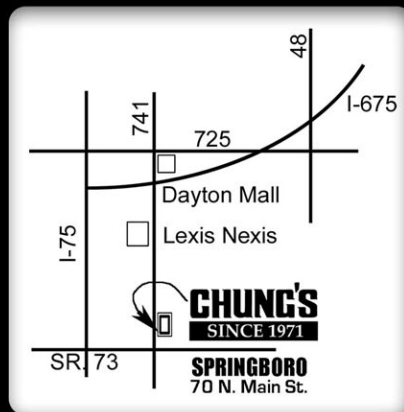


"Studying the martial arts has brought our family closer together. I don't feel like a chauffeur to their events anymore. Now we all work out together and we can help each other practice and stay motivated!"

-Peter Hirt



Improve your Body  Improve your Mind



748-4500

www.masterchung.com