

## Benefits of our Teen/Adult Program:

- ★Excellent workout
- ★Time for yourself
- ★Gain flexibility
- ★Major stress relief
- ★More self confidence
- ★Goal setting
- ★Have more energy
- ★Sleep better
- ★Meet new people
- ★Develop a more positive attitude about everything
- ★Feel (and BE) safer
- ★Be able to protect loved ones



## About Our Academy:

Ultimate Leadership Martial Arts is a modern martial arts training center that focuses on teaching traditional TaeKwonDo as well as true leadership skills. Classes are structured for maximum results and enjoyment. Students, of course, learn all of the Kicks, Strikes and Blocks of TaeKwonDo, PLUS true self-defense training and escape techniques. Also, each 10 week training cycle we focus on one of our 5 Core Tenets:

- ★Leadership
- ★Strength
- ★Commitment
- ★Knowledge
- ★Respect



# IMPACT TRAINING TEEN/ADULT

## ULTIMATE LEADERSHIP MARTIAL ARTS



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**Our high energy classes perfectly blend:**

- ★ The discipline and structure you expect in martial arts
- ★ Encouragement and Motivation
- ★ Fitness, Self Defense, and Fun!

## Martial Arts Training:

Students will begin by learning the basic stances, blocks, strikes, kicks and escape drills. At each belt level, students are introduced to new material which builds off of the previously learned techniques. You will have the opportunity to test for new belts only 5 times per year. This breaks down to 5 10-12 week testing cycles. Each week of these weeks has a specific training theme. The weekly themes include Self Defense Week, Targeting Week, Forms Week, and many others. Students earn 5 stripes on each belt for learning specific moves. Your success in our program comes down to consistent training and focus on your goal to earn your

**TAEKWONDO BLACK BELT!**



**Call or  
stop in today to  
schedule your  
FREE Trial  
Class!!!**

## Teens:

While Teens and Adults are in the same classes, the program is lead with the knowledge that teens have specific wants and needs that are unique to them. Though a lot has changed over the past several years, Mr. Mershad himself began as a young teen. He knows more than most that teens want a good workout, to learn self defense, and want to do all the "cool" moves on TaeKwonDo, but more importantly, teens want to be treated with respect and given the opportunity to train like the Adults.

Benefits for Teens:

- ★Improved discipline and focus, which can be applied to school work
- ★Development of inter-personal skills
- ★Improved concentration
- ★Muscle and body toning
- ★Emphasis on respect for oneself and others
- ★Strengthening of self-confidence and discipline to stand against peer pressure
- ★Form long lasting friendships



## Adults:

Which one of the following statements sounds familiar?

1. I have always wanted to do martial arts and now I'm ready to start!
2. Martial Arts sounds great but I need to get in shape before I start.
3. I wish I could start, but my schedule is too busy.
4. Aren't I too old to do martial arts?

So which one matches you? Lets get to them:

1. I have always wanted to do martial arts and now I'm ready to start!

What are you waiting for. It's time that you received the benefits of our Adult Program like the fitness and self-defense training. So...stop looking at the brochure and give us a call! But seriously, we offer a free trial class 5 days a week. Please call to schedule yours today!

2. Martial Arts sounds great but I need to get in shape before I start.

We hear this often. Just remember, You don't have to be in shape to start, but you do have to start in order to get in shape! Our classes are beginner friendly and while classes do include conditioning, students work at their own pace. TaeKwonDo can give you the discipline you need to get in the shape you want to be in! We understand that you may still have concerns, give us a call and schedule a trial class or stop in to watch an adult workout.

3. I wish I could start, but my schedule is too busy.

We offer the most flexible training schedule in the area. Classes offered up to 6 days per week.

Most students train 2 times per week so again, give us a

call to see if we can get a training schedule to match your busy life!

4. Aren't I too old to do martial arts?

We have adults of all ages.

Of course, you will want to have clearance from your physician if you feel it necessary, however, our adult students range from 18-60+.

So to answer your question, you are not too old!!!

