

TAEKWONDO

Ten Articles of Commitment

- Be Loyal to Your Country
- Honor Your Parents
- Be Loving Between Husband & Wife
- Be Cooperative Between Brother & Sister
- Be Faithful to Your Friends
- Be Respectful to Your Elders
- Establish Trust Between Teacher & Student
- Use Good Judgment Before Killing Living Things
- Never Retreat in Battle
- Always Finish What You Start



Children Develop

- Confidence & Self-Esteem
- A Positive Attitude
- Better Focus & School Grades
- Coordination
- Practical Self-Defense

Adults Reduce

- Stress
- Fatigue
- Weight

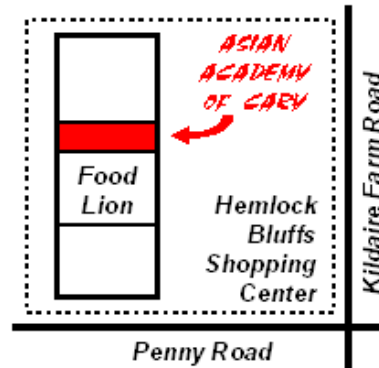
Special Offer

Two Week Trial

un-limited Classes
Includes Uniform

Only

\$34.95



2976 Kildaire Farm Road
Cary, NC 27518
(919) 363-2220

TAEKWONDO

ASIAN ACADEMY OF CARY



ASIAN ACADEMY STAFF



Master Greg Evans
4th Degree Black Belt
WTF Certified Instructor
Over 10 Years Experience in RTP



Master Teresa Edwards-Pierce
5th Degree Black Belt
Head Instructor & Owner Asian Academy
World Taekwondo Federation (Kukiwon)
Certified Master Instructor
Over 17 Years Experience in RTP
3 Time Undeafated NC Gold Medalist



Master Elizabeth Dale
4th Degree Black Belt
WTF Certified Instructor
Over 11 Years Experience in RTP



Asian Academy Belt Ceremony



Asian Academy Hapkido Class

TAEKWONDO

Tae Kwon Do is a Korean martial art that has been developed and studied for more than two thousand years. Today, Tae Kwon Do is practiced in over 120 countries with millions of students in the United States alone. Now as an Olympic sport, Tae Kwon Do has many advantages for children and adults alike. Our program is designed to bring out the very best in each student we teach, by developing improved coordination, balance, focus, discipline, as well as practical means of self-defense. Through the training process the student tones, stretches, and strengthens the body for a healthier happier life.

Children with the tendency to bully other children learn to direct this kind of behavior into helping instead of hurting others. Where as children who are bullied, build the self confidence to stand up for themselves and handle the situation in a non-violent way. All this is learned through the mental aspect of the training, which is a major part of martial arts. Children learn discipline, respect, and responsibility along with concentration resulting in better school grades. **AND, YES WE HAVE FUN !!!**

