

Positive Action Family Programs

Family programs develop team spirit. Our programs are designed to develop and strengthen the unity of the family. When individuals work together as a team their individual talents will necessarily improve.

It is more natural for parents and children to get along than to be at odds with each other. Our programs help to create a strong family bond by instilling a lifelong loyalty. The whole family can learn to live up to their full potential.

Award-Winning Children's Programs

We are very concerned with the well-being and education of our children. We understand that younger students have a shorter attention span. Our unique children's programs use interesting and enjoyable methods to keep the students' attention and teach our young students skills that they can use for life.



- We promote non-violent resolutions to conflict. Our methods help children to explore and understand conflict through role-play and other exercises.
- Students will learn confidence, self-discipline, and control as they learn how to act and react to the world around them.
- Our young students are treated with respect and are taught to return the same respect to others.
- We believe in praise, encouragement, and positive reinforcement. We have incentives for good academic report cards. Students must maintain good academic grades to be promoted to a higher rank.
- We teach students the value of making goals and working to meet them.

Rewarding Adult Programs

We offer adult programs for all levels of skill. We encourage the participation of women, men, children, parents, and grandparents, because everyone can benefit from the study of Martial Arts. We treat all of our students with respect. We emphasize the positive attributes of our students, helping them to gain self-esteem and achieve higher goals.

Our Black Belt Martial Arts School emphasizes discipline and the value of persisting until goals are reached. We believe in following a high standard of values to bring out the good and increase the quality of life. Regular attendance of our special Adult Programs will result in stress reduction and improved health.

Expect Extraordinary Benefits *Positive Self-Image and Pride*

A positive self-image leads to victory. If you want to be a champion Black Belt you must hold a positive image of yourself. One is not naturally born with a positive self-image; It must be learned and practiced. Studying the Martial Arts is an excellent way to enhance your pride. The motivating force of pride will drive you to accomplish your objectives.



Courage to Overcome Fear

Courage is the maker of a champion Black Belt, and it is a characteristic that only winners

possess. Courage is a measure of your heart, your desire, your inner strength. Courage will keep you from being intimidated by the prospect of failure. Fear is a natural part of life, but it can drive you to perform better if you have the courage to face it.

Self-Discipline and Respect

The Martial Arts Philosophy teaches the importance of respect for one's self and others. All Black Belt students must follow the Student Creed. Students will learn to set goals and be self motivated in achieving them. A positive mental attitude will evolve. Our younger students have self-confidence to resist peer pressures and the disastrous effects of drugs and gangs.

Reaching Goals and Objectives

To help students achieve their goals they will be tested regularly and their progress will be assessed by an instructor.

Achieving a Black Belt is a multi-year goal for most people, along the way there are short-term objectives to advance in skill level.

Learning to set and achieve goals will help students become more successful in other areas of their lives as well.

Through the years, the Martial Arts industry has grown rapidly. It has grown out of the image of a gym to that of a school, with a curriculum, which outlines goals and objectives. A strong classroom structure is the key to the Black Belt Success System - It helps the student stay focused on his or her own goals.

Class Schedules

- A class schedule will help you manage your time more efficiently and allow you to take advantage of more opportunities.
- A few productive classes a week is all it takes for you to improve your outlook, grow healthier, and live a happier life.
- We offer group lessons, and you may inquire about the availability of private lessons.
- Our class schedules were carefully thought out, with the students' convenience in mind.

WTF Taekwondo (Official Taekwondo)

The International Olympic Committee, 200 nations including South Korea and Canada recognize the WTF as the sole, official, governing body of the sport of Taekwondo. - *We are a WTF School!*



The Black Belt Success System

History of Martial Arts

The study of Martial Arts began thousands of years ago in China. The Martial Arts were designed on the concepts of self-defense and character development. The principles stressed in the Martial Arts philosophy are respect, confidence, discipline, mental alertness, and a positive attitude towards life.

High Levels of Enthusiasm and Positive Reinforcement

Our qualified Instructors are energetic and outgoing. The Black Belt Instructors have advanced training and continue to upgrade their skills. They have a sincere interest in your self-Improvement, and in helping you reach your goals. Classes are intense workouts and we offer exciting programs for adults, children and families. Our convenient and flexible scheduling has been designed with our students in mind. We offer inspirational newsletters to keep you motivated.

Modern Approach to Self-Defense

Our Black Belt Martial Arts School is dedicated to helping others develop confidence through self-defense skills. Our modern teaching techniques focus on the nature and structure of conflicts and how we can resolve them peacefully. Safety is always our greatest concern; we have a genuine interest in our students' progress and development. Our staff is willing to go the extra mile for you.

For more Information, Contact:

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Fire Dragon Taekwondo



Respect

Integrity

Perseverance

Self-Control

Indomitable Spirit

