

Master Alan Sparks Schools of

TAEKWONDO

EST 1983

8th Degree Black Belt

www.york-taekwondo.co.uk

01904 607158

Details of class times and further information on web site

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★ WHAT IS TAEKWONDO?

Taekwondo literally means the art of the hand and foot. It is a Korean martial art, which although having roots in the ancient Orient, was developed to its present day from the middle of the last century. Inaugurated in 1955 by its founder, Major General Choi Hong Hi, it is one of the most effective forms of unarmed combat. Taekwondo incorporates many facets, such as self defence, flexibility, discipline, confidence and fitness building.

★ TAEKWONDO IS EQUALLY SUITABLE FOR MEN, WOMEN AND CHILDREN

The training is structured to cover all aspects of the martial art, and whatever your present past-time or occupation, Taekwondo has something to offer you – you might particularly enjoy the self defence, or the fitness and sport, perhaps the challenge of working towards your Black Belt. Some parents like their children to practise Taekwondo for the exercise and to improve their confidence and discipline. Whatever the reason, Taekwondo is an enjoyable and rewarding hobby, and for some it becomes a lifelong pursuit of self-improvement and development. Beginners are always welcome. For your free lesson, just bring this leaflet to any class.

★ ABOUT THE INSTRUCTOR

Master Sparks 8th Dan is an international instructor and referee. He has also competed in national and international events. He was graded to 1st Degree Black Belt by Master Rhee Ki Ha in 1983, who was responsible for introducing Taekwondo into Great Britain in 1967. Master Sparks has many years experience in coaching children and adults. Members include Junior and Senior National Champions. He has promoted the art of Taekwondo and women's self defence on local and national television. He runs a number of highly successful schools in and around York.

All Students work through a complete grading syllabus.

- Separate classes for children and adults
- Open all year
- Pay as you train
- Self Defence for Woman
- Educational and Business Contracts
- Personal Tuition Available by appointment