

# Blue Dragon Tae Kwon Do Academy

## Information Kit



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# Blue Dragon Tae Kwon Do Academy

Training Life's Champions

Blue Dragon Tae Kwon Do Academy is a collection of well trained, highly motivated martial artists dedicated to the physical, mental and spiritual development of its students. Founded on the principles of teaching excellence, personal attention, we provide you with the most complete and effective methods to reach your full potential.

## Teaching Excellence

At Blue Dragon Tae kwon Do Academy, our instructors are personally selected, not only for their martial arts skill, but also for their ability to effectively communicate their knowledge and understanding to students of all ages. Through a special program of advance training they are continuously upgrading their skills.

## Programs Designed With You In Mind

At Blue Dragon Tae Kwon Do Academy, we are interested not only in self defense skills, but also in the complete development of each student. Individual attention is a feature of every class, allowing Blue Dragon students to progress quickly and easily towards their personal goals. Our instructors take seriously their responsibility as role models for younger students, teaching importance of strong character, leadership and good values.



## A Modern Approach To Self Defense

Although our techniques are based on centuries old knowledge, our application of that knowledge sets Blue Dragon Tae Kwon Do Academy apart from other schools. We realize that each student possesses different physical abilities. Size and strength varies with each individual, so once you have acquired a strong foundation in basics, our program will enhance your personal physical capabilities and maximize your defense skills. You will understand exactly what it takes, mentally and physically, to defend yourself or your loved ones should the need ever arise.



## Personal Development

When you compare Blue Dragon Tae Kwon Do Academy to any other school you will quickly realize the atmosphere of our school sets itself apart from the rest of the field! At Blue Dragon Tae Kwon Do Academy, the training of our student goes beyond just kicking and punching. Our instructional staff realizes that it is our duty not only to help our students develop self defense skills, but also to enhance the quality of life of our students through our program.

### Star Program

At Blue Dragon Tae Kwon Do Academy, we like to reinforce and reward students for positive behavior as opposed to punishment for negative behavior. We find this builds self esteem, a positive self image and a "Yes I Can!" attitude in all of our students.

### DELTA Team

The DELTA Team is Blue Dragon Tae Kwon Do Academy's demonstration team. These select students are representatives of our student body and have shown that they are capable of achieving goals. They also have the ambition to strive for improvement and reach new goals that await them.

### S.W.A.T. Team

The S.W.A.T. Team is our instructor training program. DELTA Team members who demonstrate strong leadership qualities and dedication to their training can be recommended by Grandmaster Kim and Instructors after a special 6 month training program. S.W.A.T. team members exemplify the qualities of the best Tae Kwon Do student.

### Special Events

Throughout the year, Blue Dragon Tae Kwon Do Academy offers special fun filled family events where our students can experience new concepts, learn new skills or just have fun! These events give each of us a chance to develop new friendships and enhance existing ones, creating a strong team spirit among our students.





## Physical and Mental Benefits

The martial arts were originally aimed towards self defense and the preservation of life. Today, however, people come to us from all walks of life, each with their own reason for wanting to train at Blue Dragon Tae Kwon Do Academy. Some want to learn self defense, some want to become physically fit, some enjoy the sporting aspect of tournaments, and others just want to have fun. Whatever your reasons for wanting to train and grow with us, you will be surrounded by people with similar interests training at Blue Dragon Tae Kwon Do Academy.

Blue Dragon Tae Kwon Do Academy has developed proven teaching methods that will not only help you learn the art of self defense quickly and easily, but also provide a wide range of other exciting benefits for students of all ages and abilities.

### Physical Benefits

Improved reflexes and coordination increases performance in all physical activities.

Increased strength and stamina boosts to make you feel great all day.

Increased flexibility and weight control for better overall fitness.

Great cardiovascular workout keeps you in good physical shape.

### Mental Benefits

Improved coordination for better work and study habits.

Stress reduction and increased levels of relaxation for a longer, healthier life.

The peace of mind that comes from knowing that you are able to protect yourself and your family.

Increased self confidence and self discipline to develop a positive attitude towards life.



Blue Dragon Tae Kwon Do Academy develops the Body, Mind and Spirit!

Whatever your reasons or goals, Blue Dragon Tae Kwon Do Academy can help you to become

mentally and physically fit. **Start your training today!**



## Assessing Progress

When you first walk into our school you will notice that the students will all wear colored belts representing rank. This is part of the martial arts tradition and used to indicate the level of accomplishment and mastery of skills. As you increase your skills, you will move up through the ranks by changing the color of your belt to symbolize your achievement.

When you begin your training you will start with a white belt. Within a few weeks of joining Blue Dragon Tae Kwon Do Academy you will be invited to your first belt rank promotion. After demonstrating your skill level in many of the basic moves you have learned, you will be rewarded your first colored belt. With each colored belt you will receive a certificate of promotion as an official certification of your skill level.

### The Rank Promotion Procedure

Achieving each new rank requires you to demonstrate specific techniques and skills. Your instructor will monitor your progress and will invite you to the next scheduled rank promotion date when he or she feels you are ready. A minimal fee is charged for each test to cover the cost of your new belt, certification and test materials.



Blue Dragon Tae Kwon Do Academy helps students set and reach goals!

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## Questions and Answers

### **How many classes per week should I attend?**

We recommend two classes per week, plus a certain amount of practice time at home or specialty classes, as the perfect level of training. This allows the student time to work on basics between classes and become proficient before new concepts are introduced.

### **Will there be other beginners in my class?**

At Blue Dragon Tae Kwon Do Academy, all students are grouped by age and by rank. In this way, you will be in a class with students at your age and skill level. In addition, we have many staff team members who can help show you the ropes so you can quickly learn about the school and Tae Kwon Do.

### **Will Tae Kwon Do training make my child overly aggressive?**

At Blue Dragon Tae Kwon Do Academy, children are taught that the martial arts are not to be used in aggression, but rather to defend oneself in problematic situations. Aggressive behavior is channeled into assertiveness to increase the child's self esteem, increase self discipline and build character. Our program also helps the shy child develop self confidence and become more assertive.

### **Will my classes be safe?**

Absolutely. All classes taught at Blue Dragon Tae Kwon Do Academy are strictly monitored to ensure complete safety.

### **What about sparring?**

All students interested in sparring are required to wear the best protective equipment available on the market and are strictly supervised. Consequently, the chance of injury is very small.

### **How long will it take to become reasonably proficient?**

The time it takes to become proficient varies with each individual depending on the effort they put forth. At Blue Dragon Tae Kwon Do Academy, students are often amazed by their own ability and accomplishment in as little as six months. This training will give you the confidence of knowing that you can defend yourself in most situations. Your real goal, however, should be to attain the rank of Black Belt. This level of proficiency typically takes about three years. Once again, however, this will vary depending on your level of effort and desire.



## **Scheduling and Course Options**

Blue Dragon Tae Kwon Do Academy offers convenient schedules at affordable rates. We are open six days a week, to make it easy for you to study and progress through the ranks. Our instructors are dedicated to helping you progress at a rate that suits you.

### **Group classes**

Group classes feature self defense instruction, physical conditioning, various reaction drills, and training exercises designed to build skills necessary for effective self defense. Enrolling in a group program allows you to attend a minimum of two regular sessions per week. Should you miss a class for any reason, you may make it up the following week or attend one of the special make up classes.

### **Private Lessons**

Private lessons are available for the students who seek a more accelerated and personalized training program. Private lessons can be scheduled based upon Grand Master Kim's availability.

### **Special Programs and Discounts**

Discounts are available on the Family Plans, Long Term Study Program (one year or more), and Advanced Training Program such as our Black Belt Club.



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## Adult Programs

At Blue Dragon Tae Kwon Do Academy we believe that developing and maintaining a sound mind and body are critical to getting the most out of life. In our adult programs you will experience a unique approach to self defense and exercise that benefits the body and mind.

To strengthen your body, you will begin with isometric and dynamic tension exercises. Flexibility will be enhanced through a gradual building process of safe and easy stretching techniques. You will find that the breathing and concentration exercises sharpen your senses and reflexes while allowing you to relax from the stress of daily life. This unique combination of using the power of the body and of the mind is the key to increased self discipline, and fitness for a longer, happier life. These qualities are essential in recognizing and handling self defense situations, as well as mental stress.

### **D.J. Kim's Combat Art System**

Blue Dragon Tae Kwon Do Academy employs a complete, integrated system that will teach you the techniques you need to defend yourself intelligently in threatening situations. Our system will also teach you how to respond to a variety of problems such as:

- Close quarter encounters**
- Attacks by one or more opponents**
- Attacks by assailants with a weapon and how to disarm them**
- Self Defense for women**



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## Children's Programs

At Blue Dragon Tae Kwon Do Academy, our children's programs are second to none. We teach important life skills to children using a basic philosophy of positive reinforcement to build Self Esteem, Confidence, Discipline, Positive Attitude and Values. At Blue Dragon Tae Kwon Do Academy, we realize the ability to defend one's self is important. There are many additional benefits to gain from involving your child in a martial arts program. Our unique method of training is designed to:

**Instill a positive attitude**

**Build confidence and self esteem**

**Teach the importance of strong values and good character**

**Promote a desire to learn**

**Improve effort and motivation**

**Improve concentration**

**Teach self discipline**

**Instill respect for themselves and others**



By embodying these principles in our children's classes, the Blue Dragon Tae Kwon Do Academy has made strong commitment to today's youngsters. Our programs for children of all ages will improve your child's performance in other sports as well as improving study habits and increasing over all concentration. In addition to this, by building self confidence, self respect and self discipline, we are helping young people to deal with the many problems they face growing up in today's world, including drugs, peer pressure and gangs.

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# TAI CHI

Tai Chi is often described as "meditation in motion" because it promotes serenity through gentle movements — connecting the mind and body.

Originally developed in China as a form of self-defense, Tai Chi is a graceful form of exercise that has existed for some 2,000 years. Practiced regularly, Tai Chi can help you reduce stress and enjoy other health benefits.



Physical Fitness

Reduced Stress and Anxiety

Pain Relief

Weight Loss

Improved cardiovascular and respiratory functions

Overall improvement in physical and mental health

Tai Chi, sometimes called tai chi chuan, is a noncompetitive, self-paced system of gentle physical exercise and stretching. To do tai chi, you perform a series of postures or movements in a slow, graceful manner. Each posture flows into the next without pausing.

Anyone, regardless of age or physical ability, can practice Tai Chi. It doesn't take physical prowess. Rather, Tai Chi emphasizes technique over strength.

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# Martial Arts World

## HALL OF FAME AWARD

*Presented to:*

*Grandmaster Dong Jin Kim*

*Hall of Fame Award for Cinematic Promotion of Martial Arts*

Presented by Martial Arts World  
this 3rd day of May  
at the 2008 Martial Arts Leaders Summit  
in Orlando, Florida

*Y. K. Kim*  
Grandmaster Y. K. Kim  
Chairman and Founder

