



Master Hyun Park

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CHILDREN'S PROGRAM

Focus and listening skills-Improved study habits & school grades

Respect for self and others and Anger Management—Positive self-image

Courtesy and manners-Social and communication skills

Self motivation and goal setting & problem solving

Learn exciting skills

Non-violent Conflict Resolution

Leadership Training

Positive Peer Group

Character Development

Fitness and Flexibility



**One of the best things you can do
For you and your child.**

Adult's Program

Emphasis on a Healthy and Fitness-oriented Lifestyle

Family oriented in a Positive Learning Environment

Special preparatory program to start you at your own pace

Internationally certified Instructor and staff

Goal oriented Exercise and Training

Self Defense and Personal Protection

Nurture Enthusiasm and a Positive Mental Outlook

Anger Management & Stress release

Flexibility & Weight Management



Call 407-788-5154 to find out about our special introductory offer.

