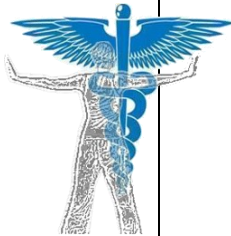


Benefits of Martial Arts

Taekwondo was originally developed for the defense of oneself and others, and for the personal growth of the practitioner. Contemporary martial arts have taken those fundamental ideas and developed methods of applying the benefits gained from martial arts to everyday modern life.



The self defense aspect is not just physically dealing with violence; it is also avoiding violence altogether.

The physical benefits of Taekwondo include coordination, flexibility, balance, strength, and endurance. The moral benefits of Taekwondo include development of character, self-control, and an appreciative attitude. Personal achievement requires goal-setting, hard work and commitment, and these in turn build self-esteem.

- Physical Fitness & Health
- Defense of Self & Others
- Moral Development
- Social Interaction
- Confidence
- Focus
- Fun

Affiliations



Greenquist Academy Family Taekwondo Association



Kukkiwon World Taekwondo Headquarters



World Taekwondo Federation



World Chang Moo Kwan Taekwondo



United States Chang Moo Kwan Taekwondo Union



Korea Hapkido Association Baek Ryong Kwan



The Alliance Taekwondo Center exists for the study and practice of the Korean martial arts tradition.

The Alliance Taekwondo Center offers studies and training in three forms of traditional Korean martial arts; Taekwondo, Hapkido and Kumdo.



Kumdo, the Korean way of the sword, is also practiced by advanced students at the Alliance Taekwondo Center.

Alliance Martial Arts

Taekwondo - Taekwondo is a Korean word which means "The way of striking with the foot and hand." This system is the most advanced evolution of the Korean combat arts, with roots as old as the first century. It is a recognized Olympic sport, and is famous for kicking techniques. The authentic Taekwondo taught by Alliance goes beyond sport to include the discipline and strength of character required for true Martial Arts.

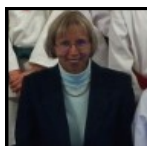


Taekwondo is a growing sport and well known for its kicking techniques

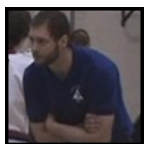
Hapkido - The Korean word "Hapkido" translates as "the way of harmony"; rightfully so, as it works with (rather than against) an opponent's force. This art specializes in sweeps, throws, joint locks, leverage and pressure points, and integrates Taekwondo striking. Hapkido is descended from martial arts used by bodyguards and royalty to safeguard the heads of state.

Kumdo - Literally translated, this Korean word means "way of the sword." This Korean art very closely parallels Japan's Kendo. This is battlefield-based sword combat. Kumbop, which is the more precise "sword method," allows for practice with a sharp sword, including cutting.

Instructors



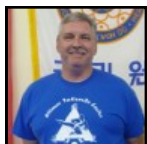
Master Linda Catalano, 6th Dan
Owner and Executive



Master Devon Waldron, 5th Dan
General Director



Ms Tammy Fairbanks, 3rd Dan
Children Program Officer



Mr Dale Schneibel, 3rd Dan
Adults Program Officer

CONTACT INFO

Alliance Taekwondo Center
2700 State St
Unit M-2
Bismarck, ND 58503

Phone: (701) 224-8454

Website: <http://alliancetkdnd.com>

E-mail: webmaster@alliancetkdnd.com

Class Times

Beginner Class (ages 5-9, no belts/white belts)
Wednesdays, 5:30-6:30 PM

Kids Class (ages 5-9, orange belts+)
Mondays and Thursdays, 5:30-6:30 PM

Juniors Class (ages 10-14, orange belts+)
Tuesdays and Thursdays, 5:30-6:30 PM

Adults Class (ages 15+)
Tuesdays and Thursdays, 7:00-8:15 PM

Blackbelt Class
Mondays, 7:00-8:30 PM

Hapkido and Self Defense session times are established directly with students.

Additional Blackbelt classes, sparring classes and Kumdo classes are made available at the discretion of the instructors.

Tuition/Rates

Tuition is a monthly fee.

Twice a week: \$90/month
2nd Family Member: Additional \$75/month
3rd Family Member: Additional \$60/month

Once a week: \$50/month
2nd Family Member: Additional \$40/month
3rd Family Member: Additional \$30/month

Hapkido and Self Defense rates are arranged directly with the instructors.