

Carthage Family Fitness
103 Randolph
Carthage, IL 62321
Phone: 217-357-2739
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Classes Tuesdays and Thursdays:
Kids [ages 8-11] (6:30-7:30pm)
Adults [ages 12 and up] (7:30-

Tang Soo Do Martial Arts



Carthage Tang Soo Do is a proud member of the World Tang Soo Do Association, which has over 150,000 members worldwide. This organization ensures that our instructors meet the standards set by them. The motto of WTSDA is Traditionalism, Professionalism & Brotherhood. The three purposes of our training are Self-Defense, Health and Personal Betterment. We accomplish this thru hard work. Students will learn and constantly strive to improve techniques, stances and forms (also known as hyungs or kata in other styles).

Stop by Carthage Family Fitness on a Tuesday or Thursday and observe a class. **Newcomers are encouraged to participate in 2 free classes to see if Martial Arts is for you!**

Visit <http://www.carthagetangsoodo.com>

**For more info about the World Tang Soo Do Association visit:
<http://www.wtsda.com>**

**Our studio is part of region 5 of WTSDA which includes Illinois, Indiana, Michigan and Wisconsin. More info on our region can be found at:
<http://www.wtsda-region5.com>**

Chief Instructor: Jon Chandler - E Dan (2nd Degree Black Belt)
Email: JonChandler0@gmail.com
Instructor: Todd Potter - E Dan (2nd Degree Black Belt)
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What is Tang Soo Do?

Tang Soo Do, an ancient form of martial art which traces its lineage back 2,000 years to the Korean peninsula, is a method of empty hand and foot, and weapon fighting, based on the scientific use of the body in self defense.

In today's society, there is no doubt that martial arts training is on the rise and that people are becoming more interested in learning self-defense skills. Tang Soo Do is an extremely effective method of self-defense. But there are many other reasons why men, women and children from all walks of life have taken up Tang Soo Do training. This ancient form of martial art is known for having the most effective training methods for self-discipline, self-confidence, physical fitness, stress management and self-defense. We are proud to announce that our members includes men, women, children and older adult students.

Whatever brings each of us to Tang Soo Do, the real value of Tang Soo Do is not the belt you earn, but the changes that occur within you, in your quest for them. These changes include the betterment of your mind, body and spirit and the development of individual character and respect for others. The true goal of Tang Soo Do training is to use the lessons you learn in the studio to enrich every part of your life.

Why Your Child Should Practice Martial Arts

Reason #1: They (and You) Will Get More Active

This is the obvious reason kids should do martial arts in this day and age - to get active and moving. In case you haven't noticed, we have an epidemic when it comes to our nation's obesity problem. Youth sports and physical education programs are great, but not every kid is an athlete and many schools no longer offer PE. The martial arts offer many benefits, but when it comes to fitness, becoming a true martial artist means becoming a supremely fit person.

Reason #2: They'll Learn to Find Focus and Stillness

Of the many challenges that parents face today, one is that we are constantly plugged in. In years of martial arts classes, I remember many challenges, breakthroughs, and setbacks. As a martial artist, your child will learn what it is to be still, challenged, and focused.

Reason #3: They'll Learn to Take Hits

In the martial arts, your child will learn what it is to take a hit, whether that hit is a literal blow or a disappointment like failing a test. Part of life is learning that we all take hits. The key is in learning how best to take that hit and get back up. Unfortunately, this lesson seems to be lost on many in our every-kid-gets-a-trophy culture. In the martial arts, your kid will learn to fail - a lot. Half of martial arts is hitting, but half is also getting hit. Ironically, learning how to take a hit is perhaps the best way for your kid to learn how to avoid it.

Reason #4: They'll Gain Self Confidence and Self Respect

The right martial arts school will teach your child that there are no tough guys. Every martial artist ultimately learns this sense of respect and true confidence. Your child will learn that confidence and respect for others comes from a deep sense of self-knowledge.

Reason #5: They'll Connect Their Mind and Body

What they don't teach you at your local health club is how to really listen to your body. To listen to your body is to also see your thoughts and have heightened awareness of your emotional construct. A martial artist is taught to see, feel, and listen - both internally and externally. Tapping into intuition, fear, and courage are examples of being able to put the physical together with the mental. How often have we heard the phrase "being paralyzed with fear"? Being able to combat such a thing is what you learn in the martial arts.

Reason #6: They'll Learn Conflict Resolution

People often ask me whether I have ever used my martial arts and boxing training in a fight. Indeed I have used the skill sets learned from martial arts many times to resolve conflict, but thankfully, never in a physical altercation. One of the first lessons your child will learn is that words are never grounds for a fight. In the martial arts, you learn that there is no such thing as "fighting" words. Instead, you learn to respond without reacting in the martial arts.

Reason #7: They'll Learn to Breathe

Of the many things I have learned in the martial arts and boxing, breathing is near the top. Indeed, nothing is more essential to the success of how we move our body than tapping into the life force of our essence - our breath. Ask a professional athlete, or an actor, dancer, or signer, and they will tell you that to succeed in any physical craft is to access your breath correctly. I am shocked at times working with adults who never learned to breathe properly when under physical exertion. This skill can literally save your life. In the martial arts your kid will learn the essence of how to breathe and even relax under pressure.

The bottom line is that almost any child can and will benefit from participation in the martial arts. As to what martial art, it's honestly not very important. For a typical six or eight year old the point is to just get them moving and focused. Older children will learn focus sooner while picking up more advanced concepts.

Parents: Martial arts also provides you the opportunity to engage in something with your child. You are never too old start training. Lessons taught to your child can also be part of your growth as a person. How old is too old? You never too old to start something beneficial to your body, mind and spirit.