

Taekwondo is a unique sport that trains the body in multiple ways. Students will increase focus, physical strength, balance, flexibility, endurance, and self-esteem. Classes are kept small to ensure the highest quality of instruction with individualized attention. Our programs are designed to provide an opportunity for students to learn Taekwondo regardless of skill level or disability.

We accept students from the ages of 4 to adult. The Little Dragon Program is designed for four to six years old. From about the age of seven years old - adult, classes are then divided by skill level (Beginning, Intermediate and Advanced level). Also the Weaponry Programs such as Sword Program, Staff Program, and Taekwondo Competition Team, provide additional exposures for the students who would like to have a special experience in martial arts as well as tournaments in and outside of the State of Georgia. The competition team members are also part of the center's demonstration team that starts training from the age of 5 years old.

The school's owner, Grand Master Wallace Taylor, has an impressive academic education (BS, MIT, MBA, and DBA) in addition to his broad martial arts training including two master's degrees in Taekwondo and over twenty years of teaching experience. He is a licensed International Kukkiwon Master and licensed Kukkiwon Poomse (forms) Promotion Test Examiner and Judge. He also holds the prestigious "**Honor of 2012 International Martial Art Hall of Fame Induction and Life Fitness Program Certified Executive Leader**". He puts his knowledge of Kinesiology and exercises science to practical use in the Taekwondo training offered at our school. His teaching style gives our instructors and advanced students a deeper understanding of the biomechanics of the sport and Martial Art of Taekwondo, ultimately giving them a competitive edge. The Managing Director of our center, Master Aye Kodsup, holds a Master of Science degree, as well as a Master Black Belt instructor Certification, she is now pursuing a Master's of Public Health degree at Emory University. Miss Casey Millette, a Black Belt Certified instructor in Taekwondo and Sword, is an excellent instructor and highly reviewed. All instructors are highly trained with excellent credentials, CPR-certification, and a unified philosophy.

At our center, we take a holistic approach to fitness, helping students combine exercise, nutrition, behavioral health, public health knowledge and lifestyle choices in order to reach their individual goals. We have teamed with local health professionals to offer frequent health seminars at our school. We have a Certified Diabetes Educator / Nurse Practitioner and a Nutritionist who hold monthly seminars as well as individual consultations. These sessions are offered free to the community.

Please take a moment to review our school schedules that you may be informed of appropriate class times.

Trial Class (24 hr. appointment): \$15.00 Attire: White T-shirt and gym pants (cover ankles)

USA TAEKWONDO Registration fee: \$70.00 High-performance uniform: \$65.00

Trial Membership: 2 classes a week (6 months): \$140.00 /student. (Standard protection gear within the first 60 days).

Standard Membership: 2 classes a week (12 months) \$120.00/ student. (Standard protection gear within the first 60 days).

Location: Taylor Center of Participatory Arts (3825 Presidential Pkwy., Ste. 102, Atlanta, GA 30340)

Tucker Recreation Center (4898 Lavista Rd., Tucker, GA 30084)



Note: Due to a large number of applicants, all billing handled through AMS. A.C.H and/or E.F.T Authorization.