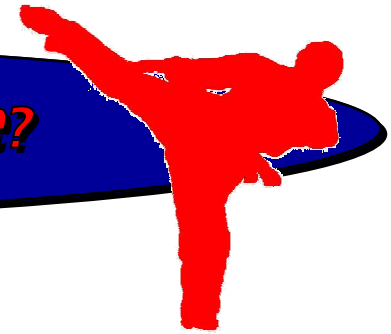


## *What can Martial Arts training do for me?*



**At Alabama Karate Academy, we have five major areas of training:**

***Etiquette*** Tang Soo Do is a traditional martial (meaning military) art. Our classes are structured in such a way to enhance focus as well as create a sense of order, respect and discipline while never compromising our fun and friendly atmosphere. Students bow to instructors, say “Yes sir” or “Yes ma’am”, and line up at the beginning and end of each class for a formal start and finish.

***Techniques*** This covers everything from a center punch to jump spinning crescent kicks. Students learn various stances, strikes and kicks that develop coordination, balance, strength and more finely tuned motor skills. Students will also learn the value of repetition as they increase physical endurance.

***Forms*** Another part of traditional martial arts training, is learning and demonstrating forms. Some of our forms are relatively new while some can be traced back hundreds of years. A form, or hyung as they are called in Korean arts like ours, is basically a choreographed fight scene. Students learn to put combinations of movements together and perfect their techniques. In forms training, students will develop an improved attention to detail, build memory skills and create a healthy self concept as they learn and perform their forms in class and belt tests.

***Sparring*** One of the most popular areas of Tang Soo Do training is sparring. This is an environment where students are able to put together all that they have learned and exercise those skills in a controlled and supervised fighting match. Safety is our number one concern, so protective gear is mandatory. Sparring helps students develop strength, endurance, coordination, patience, strategic thinking, self esteem, sportsmanship, humility, self-control and a healthy competitive spirit.

***Self Defense*** This is our most important area of training. In a world where any number of unthinkable things can happen, we want to equip and empower our students to be able to protect themselves. Whether our students are four years old or fifty-four, we will teach them age appropriate techniques that help them to fend off or dissuade an attacker. Self defense helps to develop courage, self-confidence, self control, and strategic thinking.

**Overall, Tang Soo Do training at AKA is an excellent resource for learning the value of setting and achieving short and long term goals as well as learning personal responsibility, and building a healthy self concept.**