

Taekwon-Do is the most widely practiced martial art in the world today. This style utilizes ones hands, feet, and entire body to defend you against one or more opponents. Studying Taekwon-Do also helps to build discipline, respect, strength, flexibility, balance, self-confidence, and self-control among many other benefits. It can be taught to anyone, child or adult, male or female, experienced fighters or complete beginners. Our program will take you from white belt to black belt, and beyond. Come try a class! Check our calendar for exact days and times.

**The Tenets of Taekwon-Do are:**

- Courtesy
- Integrity
- Perseverance
- Self-Control
- Indomitable Spirit



**Taekwon-Do Belt Ranks**

- White**
- Yellow**
- Green**
- High Green**
- Blue**
- High Blue**
- Red**
- High Red**
- Recommended Black**
- 1st Dan (degree) Black**

All Taekwon-Do classes are currently being taught by Mr. Anthony DeFranco. Mr. DeFranco has been involved with martial arts for over 10 years, training primarily in ITF Tae Kwon Do and achieving the rank of 3rd degree black belt in that time. He has trained under Mr. Gary Durocher (3rd degree black belt) and Mr. Todd Rubner (6th degree black belt), and tested under Grandmaster Hwang (9th degree black belt) from CT. Mr. DeFranco's classes include stretching, drills, patterns, sparring, and self-defense techniques for all levels.

Mr. DeFranco's background also includes training in Isshin Ryu Karate, Hapkido, Modern Escrima, and Kung Fu. His skills are utilized by the Holyoke Auxiliary Police Department as their Hand to Hand Combat/Self-Defense instructor.

If your child has never done Martial Arts before please sign them up for the Beginner Class on Mondays and Wednesdays from 5-6 PM.

BRING A FRIEND for a free 1st class! If they sign up for classes then you will receive a \$15 credit towards next months tuition.

Any questions regarding the program please call the office at 413-786-4686 and leave a message for Mr. DeFranco.