

FBC MOORE KARATE ACADEMY

AMERICAN TAE KWON DO

Benefits of Martial Arts Training

- Discipline
- Self-control & anger management
- Respect for self & others
- Courage
- Positive “can-do” attitude
- Improved study & leadership skills
- Patience
- Improved physical condition, strength, & flexibility
- Self-defense
- Self-confidence
- Honor

The principles of martial arts training enhance a lifestyle attitude of confidence, respect, leadership, courage, and moral values that contribute to all aspects of private, educational, social, or business life. Martial arts training stresses the importance of respect of self and others using the confidence gained through the discipline required in repetitive training. With proper discipline and training a student may acquire the control and confidence to avoid a threat, to deter a physical confrontation, or, if absolutely necessary, to use his – or her - skills to control a situation.

The core curriculum is American Tae Kwon Do, practicing all of the kicking, punching, and blocking techniques common to that style, including kata – forms – at each belt level. A large amount of time is spent in learning practical techniques of both hard and soft self-defense. These applications are based on Tae Kwon Do, Aikido, and Ju-Jitsu techniques. Soft self-defense techniques are those used against common “school-yard” aggressors and are not designed to inflict serious bodily harm, but to deter an aggressor. Hard techniques are used to protect against more violent aggressors where failure to defend might result in harm to the victim. Students are trained to defend against common attacks, and advanced students are taught defense against weapons. A student confident in his abilities to protect himself is much less apt to have to use those abilities.

After promotion to gold belt students are introduced to controlled sparring. This is sparring against an opponent under strict conditions and close supervision of an instructor. After promotion to orange belt students are permitted to engage in “free-style” sparring, again under supervision, but with many more techniques to use. They are also encouraged – not required - to participate in tournament competition in both fighting (Kumite) and kata. This permits the student to compare himself to others at his level and encourages him – or her – to train harder and to more seriously consider increasing his skill level.

Belt advancement is not based on number of classes attended or how long the student has been attending classes. Instead, advancement is based upon the student's demonstration of required techniques for that belt level. Part of a student's advancement in upper belts includes developing skills in breaking wood and concrete which demonstrates skill, speed, power, and mental fortitude. Therefore, regular attendance and practice away from class are helpful.

We teach the benefits of martial arts in a Christian atmosphere, to develop skills and a well-rounded and adjusted personality, and to lead the students to develop those skills far beyond what they might have thought possible. We will be blending a Biblical curriculum at each belt level designed to reinforce the values that both Christianity and the Martial Arts teaches us.

There is no additional charge for classes or belt tests. The student may purchase his own uniform, belts, and sparring gear through the FBC Moore Karate Academy on a "cost plus" basis, or may buy them at any other sporting goods or martial arts equipment supplier. After the first few classes, proper attire and sparring gear is mandatory.

Classes are held at the FBC Moore Church Studio 26 (upstairs in the Children's Wing) on Tuesday night from 6:00-8:00pm and Saturday from 10am-12pm. Initially, Beginning and Advanced students will train together. Other classes may be developed or groups separated as the need arises.

Tae Kwon Do instruction is taught by Mr. Brandon Boozer, a 1st Degree Black Belt and former Texas State Champion in Fighting and Forms. He will receive additional instruction from his father, Mr. Jim Boozer, a 5th-degree black belt who heads the Karate Academy at Lake Arlington Baptist Church in Texas. Mr. Brandon Boozer may be reached at home at 405-912-9856.