

Instructors

All instructors at Michael's School of Tang Soo Do have been trained, personally, by Master Michael. Adhering to a strenuous and increasingly rigorous training regimen, Master Michael's Black Belts are award winning, trained in all aspects of Tang Soo Do, including self-defense techniques, weapons defense, and cane self-defense. They are fully prepared to work with all levels of students.



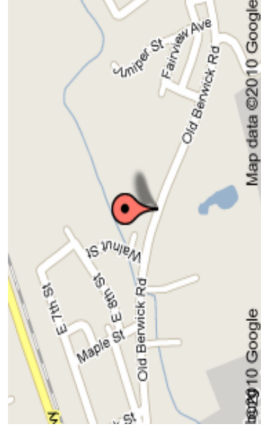
L to R. Mr. Shellenberger, 2nd Degree; Mr. Saloky, 3rd Degree; Mr. Jones, 2nd Degree; Master Michael, 5th Degree; Mr. Timony, 3rd Degree; Mrs. McLaughlin, 1st Degree; Mr. Keller, 3rd Degree; Mr. Shuman, 3rd Degree.



FAQs

Where is the Do Jang Located?

Our Do Jang is the Aerobics Room at the Bloom Health and Fitness Center, 1150 Old Berwick Road, Bloomsburg.



What do I need to bring to class?

Bring a positive attitude, the willingness to learn, the desire to get fit and stronger, and the spirit of a determined warrior.

What do I wear?

Beginners may wear athletic clothes (shorts, etc.). A uniform (Do Bohk) may be purchased within the first week or so.

When are classes?

*Thursday evenings, 6:00pm — 8:00pm
Saturday mornings, 10:00am — Noon*

Are there locker facilities?

Yes. Students may change from street clothes to the Do Bohk in the Fitness Center's locker rooms.

How much work is there to achieve a new belt?

Practice, practice, practice! To prepare oneself for a new belt level, one must practice all techniques learned in class and demonstrate them very well and have memorized the Karate Manual. On average, with hard work, students may qualify for testing every 4 to 6 months. Master Michael will determine when students are properly prepared for a test.

FOR MORE INFORMATION:

Master Van W. Michael

Michael's School of Tang Soo Do

1150 Old Berwick Road
Bloomsburg, PA 17815

Phone: 570.784.3601

Email: vwmridge@yahoo.com

Website: michaelsmartialarts.com

Michael's School of

Tang Soo Do

Traditional Korean Martial Art

唐手道



Master Van W. Michael

5th Degree Black Belt



Tang Soo Do—What Is It?

Tang Soo Do is an ancient Korean martial art developed over 2000 years ago. Get ready to enjoy what thousands of other Central Pennsylvanians have by enrolling at Michael's School of Tang Soo Do. You will be learning the Korean traditional martial art, Tang Soo Do, in its authentic form. Experience the fun, appreciate the rich culture, and embrace the values as you acquire your new skills.

The training you are about to begin is an effective curriculum designed by 5th degree blackbelt, Master Van W.



Michael. He developed and refined the program over the past 38 years, as he has taught children, youth, and adults. His versatile program has appealed to people of all ages, gender, physical condition, and ambition with successful results.

Prepare yourself as we are about to embark on a new journey to discover yourself. One who is stronger and faster. One who is more confident and focused. One with stronger values and self-esteem.

Tang Soo!



Tenets of Tang Soo Do

- ④ Integrity
- ④ Concentration
- ④ Perseverance
- ④ Respect & Obedience
- ④ Self-Control
- ④ Humility

Honor Codes of Tang Soo Do

- ④ Loyalty to Country
- ④ Obedience to Parents
- ④ Honor Friendship
- ④ No Retreat in Battle
- ④ In Fighting, Choose with Sense and Honor
- ④ Integrity

Tang Soo Do Benefits for Children

Self-Defense is often the first reason parents enroll their children in martial arts training, but over time the parents realize that the training provides much more than self-defense. Tang Soo Do training is much more than a course in kicking and punching. It becomes a catalyst to promote self-confidence, goal orientation, calmness, concentration, and improved self-esteem. They develop a sense of responsibility, respect for others, and respect for self, or *Confidence without arrogance*. They develop the skills to deal with pressures such as confrontations with a bully, drugs, alcohol, and other negative influences. They develop the courage to deal with fears that could possibly hold back their potential.

Tang Soo Do Benefits for Women

The popularity of Tang Soo Do among women can be attributed to the nature of Tang Soo Do techniques and personal needs such as self-defense, weight reduction, and physical fitness. Tang Soo Do places great emphasis upon flexibility, which is inherent in females, the techniques of Tang Soo Do are ideally suited to women.

Tang Soo Do techniques are taught in a manner specially geared to the needs of women's self-defense and can last a lifetime. The distinctive nature of this style is neither too soft or too strenuous for women and the variety of defense techniques is not equaled in any other form of martial arts. You will receive:

- *Improved physical fitness*
- *Self-discipline*
- *Stress management*
- *Confidence*
- *Personal protection skills*



Tang Soo Do Benefits for Everyone

Adults of all ages have discovered that martial arts training can help them get into great shape, blow off steam and kick their confidence level up a notch. Imagine getting into great shape while loving every minute of it. Now you can.

Gain confidence—Knowing you can protect yourself and your family—Reduce stress and tension—Increase vitality and flexibility.

How Do I Start?

We offer a no obligation introductory experience (1 week) to introduce you to Karate and give you a chance to try it. These two lessons are designed to prepare you for our full program. You will learn basic blocks, punches, kicks, and a self-defense technique.

In the martial arts the Black Belt is the symbol of excellence. Though Black Belt may seem like an unreachable goal, you will find that you can achieve anything with proper guidance and a positive attitude.

It is said that a journey of a thousand miles begins with a single step.

What will I learn?

Tang Soo Do can be broken down to three major parts focusing on improving one's mind, body, and soul.

Mentally it emphasizes developing a deep level of concentration, patience, perseverance, self-control, and discipline to will the body to do as the mind sees.

Physically it emphasizes generating controlled motions of one's body to deliver maximum force up- on impact of a precisely executed block or strike.



Spiritually it emphasizes believing in one's self, being at peace, and treating the people and the world around them with respect, loyalty, and honor.

Learn confidence, respect, self-discipline, and manners. At the same time learn to protect yourself and your loved ones. In a world that seems to be ever increasingly dangerous, now is the time to learn self-defense. Don't put it off any longer. Get your mind and your body in shape. Help your children be more confident and do better in school. We teach non-violence, better attitude, and get good physical conditioning through rigorous, traditional Tang Soo Do training

