



태권도

Tae Kwon Do improves:

- CONFIDENCE
- SELF-CONTROL
- PHYSICAL FITNESS
- FLEXIBILITY
- BALANCE & COORDINATION
- STRENGTH
- CARDIOVASCULAR HEALTH

Classes are adapted for:

- CHILDREN AND ADULTS
- ANY FITNESS LEVEL
- ALL FLEXIBILITY RANGES

Programs designed for:

- FAMILIES
- PRESCHOOL CHILDREN
- YOUNG ADULTS
- BUSY PARENTS
- SPECIAL NEEDS
- WEIGHT CONTROL
- SELF-DEFENSE
- TOURNAMENT COMPETITION



TAE KWON DO

POWERED BY LUPO



Tae Kwon Do is the world's most popular martial art with more than 70 million practitioners across 150 countries. More than just an art form, the sport of Tae Kwon Do has gained an international reputation as an Olympic event. The increasing popularity of Tae Kwon Do emanates from being among the most systematic and scientific of the traditional martial arts. In addition to offering more than self-defense skills, it is a discipline that enhances our spirit and life through training our body and mind.

Tae Kwon Do enables you to synchronize your mind and body through both physical and mental focus exercises. This training in discipline, consistency and concentration not only improves one's Tae Kwon Do skills; but, also carries over to everyday life. Additionally, the continued advancement in skills, abilities and belt ranks build strength, confidence and the needed motivation to remain engaged in the program and focused on your goals. Tae Kwon Do is more than a class. It is more than just fitness. It is a way of being.



400 Horsham Road
Horsham, PA 19044
(717) 469-LUPO (5876)
www.horshamathletic.com
Robert.Fox@LUPOTKD.com



The LUPO Difference:

- Flexible Scheduling & Unlimited Classes
- Monthly Payments - Participate as long as you continue to benefit and enjoy
- Registration includes membership in USA Taekwondo (US Olympic Committee National Governing Body)
- All instructors are fully accredited by Kukkiwon, World Taekwondo Federation headquarters
- Training recognized at thousands of World Taekwondo Federation schools worldwide
- All Lupo Schools are "Official USA Taekwondo Training Centers"
- Access to compete in USA Taekwondo-sanctioned tournaments
- All instructors have background checks

Get into shape while learning life-changing and potentially life-saving skills.

Tae Kwon Do - A sport for all seasons

Tae Kwon Do is unique

Tae Kwon Do is distinguished from other martial arts by the speed, power, and precision of its kicking techniques. It is among the most kid-friendly martial arts. There is no grappling, and sparring participants are fully padded.

Tae Kwon Do teaches:

- Speed
- Balance
- Accuracy
- Focus

More than just fitness

In the same amount of time spent exercising you can invest in the development of new skills and abilities. Tae Kwon Do opens the door to a lifetime of fitness and discipline that rewards mental and physical achievements. Based on a continuous learning system, the principles of Tae Kwon Do build each level on the skills and agility of the previous. Enabling any age, fitness level or physical ability to begin instruction.

Tae Kwon Do is not seasonal. It is a sport that can be practiced 12 months a year, rain or shine, in school and in your home.

Special needs can develop special abilities

Special needs classes include exercises to improve coordination, balance, and muscle control. Classes are particularly beneficial for children with proprioception challenges, and those on the autistic spectrum. This provides a structured program for kids who love to run, jump, and play that would benefit from peer interaction, but are less likely to have success with team-oriented sports. Tae Kwon Do builds confidence and competence to help special needs children feel good about themselves and reach their personal best.

태
권
도

Starting a martial arts program does not need to be daunting or intimidating. Tae Kwon Do is among the only family – focused sports that spans generations, experience and fitness levels.

All LUPO schools are located in health, fitness and sports facilities easing your mind to train in a safe, clean, comfortable and welcoming environment.

Our instructors foster classes where everyone is both student and teacher; yellow belts, white belts and black belts all train together. Each supports the other through the movements.

Our programs are accessible to all levels of fitness and abilities within the same class.



Tae Kwon Do trains your body and mind.

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