

Instructional Staff

STANLEY NOWAK, 7TH DAN

Taekwondo head instructor Grandmaster Stan Nowak is a certified 7th Dan black belt Taekwondo, 6th Dan black belt Mudokwan, 1st Dan black belt Shotokan and 1st Dan black belt Kungfu.

Grandmaster Nowak trained under Supreme Grandmaster Moo Yong Lee 10th Dan Taekwondo , 8th Dan Mudokwan. Mr. Nowak is A certified coach, referee, and lifetime member of the USTIU - United States Taekwondo Instructor Union.

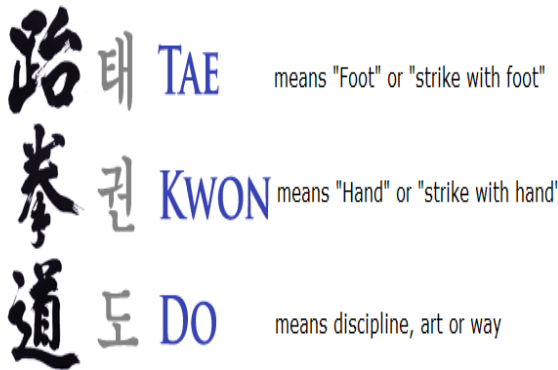
Grandmaster Nowak trained in South Korea with elite Taekwondo fighters and security officers assigned to the US Embassy and has won several Gold and Silver medals in power breaking and full contact tournaments at the state and regional levels. He has competed at Madison Square Garden New York City in mixed martial arts tournament sponsored by Taekwondo legend Tiger Kim.

GM Nowak teaches all aspects of Taekwondo, with a strong focus on self defense (Hosinsul) He also presents self defense seminars to the general public. He is currently employed at state of Connecticut as an armed officer and is a licensed BEA agent.

WHAT IS TAEKWONDO?

Taekwondo is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical self-defense skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind.

The word "Tae" "Kwon" "Do" is composed of three parts as shown in the English spelling, though it is one word in Korean. "Tae" means "foot," "Kwon" means "hand" and "Do" means the "way"



The introduction of Tae Kwon Do in the United States began during the 1950's. Throughout the next few decades Tae Kwon Do grew in popularity, not only as a martial art, but as an international sport.

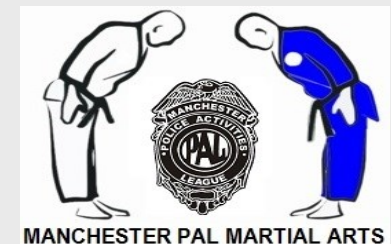
In 1973, Korea hosted the first Tae Kwon Do World Championships. Today the World Taekwondo Federation counts 120 separate countries as its members, representing 20 million practitioners.

Tae Kwon Do first gained acceptance as an Olympic sport when it appeared as a demonstration event in the 1988 Seoul Olympic Games. Tae Kwon Do became a full medal sport competition beginning in 2000.



We teach self-discipline, self control and respect for oneself and others... for home, for school and throughout life.

THE MOST COST EFFECTIVE TRAINING IN THE AREA!!!



MANCHESTERCTPAL.ORG
(860) 645-5525

TRAINING SCHEDULE

Taekwondo (Open to Trial Students)

MONDAYS & WEDNESDAYS

7:00PM - 8:00PM



Where:

The Manchester [PAL] Martial Arts program is located at the PAL Center (at Hilliard Mills)
642 Hilliard St.
Manchester, CT 06042

Visit www.manchesterctp.org/pal-taekwondo.html

Questions:

Call Grandmaster Nowak at
(860)930-2642

Why PAL TAEKWONDO for youth?



Taekwondo is a total learning activity. Your child begins by practicing basic patterns and forms, kicking, blocking, striking, and punching. These fundamental skills increase your child's physical coordination, flexibility, balance, and mental acumen. Taekwondo develops your child's athletic abilities and self-awareness, and improves the child's capabilities in self-defense.

Taekwondo emphasizes moral development as well. Children learn respect for themselves and others, heightened concentration, and increased self-discipline and self-restraint. The self-discipline that develops as a result of learning and practicing the techniques usually carries over into other areas of the child's life. School grades often improve as your child learns to focus on objectives and to work toward achievement. The self-discipline and self-respect which Taekwondo develops can provide your child with the skills and mindset necessary to resist peer pressure.

People from all walks of life, all races and religions, young and old alike study Taekwondo. Students include engineers, computer programmers, doctors, lawyers, psychologists, small business owners, musicians, college, high school and elementary school students, nurses, housewives and many more. Everyone can benefit from the art! Currently there are over 20 million Taekwondo students world-wide.

COSTS

Ages 6-18

Manchester Resident: \$180 per year
Non-Resident: \$215 per year

Adults (Limited Space): \$400 per year



REQUIREMENTS

Students must be at least
6 years of age.

A trial period of at least 2 classes must be completed. Instructors will evaluate the student to see if Taekwondo is a good option for the youth.

Student must be available to represent the PAL Martial Arts Program by attending scheduled program & volunteer events.

**REGISTER TO TRY A CLASS
AT
MANCHESTERCTPAL.ORG**

