



WHO STUDIES TANG SOO DO?

Among the people training at Tang Soo Do of Santa Fe, we have a professional potter, a translator, a software engineer, a painter and sculptor, a web programmer, a graphic designer, a college professor, elementary, middle and high school students, an non-profit director, a mom (actually we have three moms), a school teacher, a marketing consultant, an EMT, and a hairdresser.

"Techniques are simple but the principle is profound. (We) must learn and practice (the techniques). Then (we) can understand the exquisiteness of the art ... talking about it has no effect ..."

Han Kyo from Muye Jebo
Sixteenth Century



Class Schedule

Monday	7:30 - 9pm	All Levels
Wednesday	7:30 - 9pm	All Levels (Weapons)
Friday	6:00 - 7:30pm	All Levels
Sunday	11am - 12:30pm	All Levels



At Aspen Santa Fe Ballet School
550-B St Michael's Drive
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505-982-9712

Tang Soo Do of Santa Fe

Traditional Korean
Martial Art Dojang



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WHAT IS IT?

Tang Soo Do is a traditional Korean Martial Art. Training in a martial art provides fitness, self-confidence and a martial awareness for self-defense. Regular training provides a sustained health fitness plan so you can get in shape and stay in shape. We wear a traditional white heavy cotton uniform called a Dobohk. It is cut in particular ways to act as a teaching tool. When techniques are done correctly, the fabric follows with a snapping sound.

The two Head-Instructors offer over forty years of combined experience in Tang Soo Do training. The class community is encouraged to develop a supportive atmosphere for every student regardless of age or skill level.



WHAT ELSE IS IT?

Standard practice includes basic motions: blocks, kicks, strikes. Tumbling and jumping techniques are also part of the regimen. We do sparring drills and self defense applications with joint locks and take downs. Primary weapon training is with the long staff. In Korean, this is called a Bong.

The core of Tang Soo Do training is developed through the practice of traditional forms. These are patterned movements called Hyungs tailored to both beginner and advanced students' skills.



WHY DO YOU TRAIN?

Deciding to train is easy. There are no contracts to sign; no session times to wait for. Classes are ongoing, all the time. A beginner may start any time. Train for a week to decide whether Tang Soo Do makes sense for you.

Tang Soo Do is not a sport, nor is it an aerobics class.

Tang Soo Do is like a foreign language. One doesn't take a Spanish class and expect to be fluent. Fluency, once acquired is only maintained by continuing to speak the language. Similarly, a fitness program must be maintained in order to gain maximum benefit.

