

CARDIO-Kickboxing (KUBA)

KUBA = Kickboxing and Ultimate Body Aerobics

Lose weight, tone muscles,
get fit, reduce stress, have fun, be strong!

*Learn self defense moves and burn calories at the
same time. Join us and have fun
as you channel your energy to get in the
best shape ever!*

CARDIO-Kickboxing (KUBA)

Cardio-kickboxing, is a high energy, enthusiastic, fun-filled class. Kids and adults exercise to strong, heavy-beat music with kicks, blocks and punches. Isometric exercises, calisthenics, yoga stretches combined with martial arts techniques provide a well-rounded, power-packed workout. You wear regular workout clothes, no belts or uniforms, there is no physical contact and no experience necessary.

CARDIO-Kickboxing Facts:

1. Nothing shapes thighs and tightens buns like a Cardio-Kickboxing workout.
2. It's the ultimate calorie burner. (*Muscle and Fitness Magazine* rated it as the **number one calorie burning workout at over 800 calories burned an hour.**)
3. You're learning while you're burning; it's not only a great workout, but you learn the basics of self defense.
4. People of all ages, shapes and sizes can do it. . . . and best of all you make new friends and it's FUN!

Class description: The first 15 minutes of class is cardio work: jumping jacks, blocks, punches, leg raises, jabbing, running in place, lunges; the 2nd 15 minutes is great stress relief with heavy bag work, striking the bag, kicks, punches, blocks; the 3rd 15 minutes is resistance tube workouts for upper and lower body toning, the last 10 minutes consists of sit-ups, crunches, leg raises, and the last few minutes consist of lots of yoga stretches and meditation.

Rate Schedule

TAE KWON DO PAYMENT OPTIONS

NO CONTRACTS.

Tae Kwon Do enrollment includes
CARDIO-Kickboxing.

Monthly rate - \$100/month 1st student

Special family discounts offered.

Three months - \$240 (\$80/month)

Six months - \$420 (\$70/month)

1 year - \$720 (\$60/month)

3 year black belt program - \$1800

Testing fees - \$25 per student

Private lessons - \$35/hr.

Uniforms - \$40

T-shirts - \$10

KUBA (Cardio-Kickboxing):

Mon., 7 PM Friday - 6 PM

\$50/mo. or \$10 per class

Wristwrap gloves - \$40

5 Tenets
Courtesy
Integrity
Perseverance
Self-Control
Indomitable Spirit



Ready to train

Student Creed
Knowledge in the Mind
Honesty in the Heart
Strength in the Body



Meditation and cool down

Tae Kwon Do



*Building character
and strength
through
physical fitness and
mental discipline.*

What is Tae Kwon Do?

Tae Kwon Do (Korean Karate) is a Korean martial art that means the art of “empty hand and foot fighting.” It is the art of self defense that also offers a total fitness program that exercises every muscle in the body. This unique combination of intense physical fitness, stretching and yoga meditation provides excellent exercise for the entire body, while enhancing athletic performance such as flexibility, endurance and balance.

This 2000 year old training method combines blocks, punches and kicks that tone muscles, and build strength and agility. Through consistent practice and repetition, your muscle memory learns the moves so you don't have to "think about what to do" when you are attacked. Your body reacts to defend the moves on its own.

What You Will Learn

You will learn self defense skills. You will learn to believe in yourself. You will learn to walk away from bullies or defend yourself when they attack. You will learn that you are stronger than you think you are and can do more than you think you can.

You will learn choreographed patterns of martial arts moves called "forms" or "patterns" which you will practice repeatedly. You will learn block and punch combinations to use in light contact sparring. These and more techniques are taught and practiced in a disciplined, controlled class that is challenging and fun.



Sparring practice

At the end of class, physical exercises and self defense techniques are practiced followed by yoga stretches and deep breathing to provide a total mind, spirit body workout for children and adults.

You will learn to think positively and develop a "can do" attitude as you learn the importance of self discipline and setting goals that you can ~ and will reach.

Children's Programs

Our children's programs provide benefits such as improved self esteem and self-discipline, respect for themselves and others, channeled aggression, enhanced assertiveness, flexibility, coordination and lifetime self defense skills. They learn the importance of believing in themselves to fend off bullies from both mental and physical bullying.

Kids learn to keep their training skills in the dojang (Tae Kwon Do training area) and not show off at school or at home. They learn eye-hand coordination skills, basic blocks and kicks, and they learn to listen and focus on the task at hand. They must maintain a B+ average in school and respect their parents to advance their belt rank. They also learn the tenets of courtesy, integrity, perseverance, self control and indomitable spirit. They know the meaning of each and are encouraged to demonstrate these values on a daily basis.

Adult Programs

Adults benefit from vigorous workouts that help lose weight and inches, relieve stress and build confidence and strength. Our courses empower you with skills that may save your own life as well as a loved one. And you feel energized, strong and motivated when you leave!

*"Martial Arts
Training
is the art of
expressing the human
body. It is a rigorous
commitment
and total knowledge
of oneself."
~Bruce Lee*



Knife defense



Patricia Cole
**5th Degree Black Belt &
Master Instructor**

Patricia Cole is a 5th degree black belt and has been training in Tae Kwon Do for over 30 years. She opened Cole Martial Arts in Bonita Springs, Florida in 2008 where she offers ITF (International Tae Kwon Do Federaton) Tae Kwon Do and CARDIO-Kickboxing. She began her training with Grand Master B.C. Yu, 9th degree black belt at age 26 after she was attacked. She decided she would never be a victim of violence again so she began training in martial arts. She is stronger than ever now, and eager to pass on her valuable life lessons to students of all ages, who want to learn to be strong, inside and out.

Master Cole is a martial arts expert who offers group and private classes. She is a certified instructor who cares about each and every student. The values and tenets of martial arts are emphasized in each class, and proper form and technique are stressed to prevent injury and encourage excellence in form in addition to a healthy, fit and strong body.

Respect, courtesy and self discipline help to build a strong foundation of personal integrity and strength throughout the journey to the goal of black belt and beyond. These important values are used throughout our lives as we strive to become our personal best, both mentally and physically. These benefits ~ and many more can improve your health and increase your inner strength and confidence, bringing about a sense of inner peace and tranquility. Please join us. We look forward to training with you!