

Peterson Air force Base Fitness & Sports Center
Special Programs

TAE KWON DO

“We are interested in the complete personal development of each student.”



What it can do for you!

Increase self-defense skills and body strength, improve concentration and focus.

ATA martial arts can provide a stimulating and practical training and at the same time, be a means of education and discipline.

We are dedicated to

enhancing your physical capabilities and maximizing your self-defense skills.

We realize that each student possesses different physical abilities. Size and strength vary with each individual. Once you have acquired a strong foundation in the basics, our program will enhance your physical capabilities and maximize your self-defense skills. You will understand exactly what it takes, mentally and physically, to defend yourself or your loved ones, should the need ever arise.

We are not interested in just teaching self-defense, we are interested in the complete personal development of each student. Individual attention is a feature of each and every class, allowing all students to progress quickly and confidently toward their personal goals. Our instructors teach students the importance of strong character, leadership and good values.

The teaching curriculum at the ATA is based on two concepts:

“positive mental attitude” and **“high goal setting.”**

