

Instructors/Affiliates

Teresa Bruns, second degree black belt and Tom Brotherton, third degree black belt, have a combined 20 years experience in Taekwondo. Both have refereed and competed in tournaments, as well as instructed and attended various seminars. As co-instructors of Algona Taekwondo, their goal is to promote the benefits of Taekwondo as a way of life, a means of self-defense, and an avenue toward mental and physical fitness.

Algona Taekwondo is affiliated with Luverne Taekwondo Association, the State of Iowa Black Belt Association and the USA Taekwondo Union.

The school is associated with Master Wes Grieme, 6th degree black belt; he has studied Taekwondo since 1979 and has been teaching in Luverne MN since 1981 and works with all ages. Master Grieme is certified by the World Taekwondo Federation and is also a Certified United States Taekwondo Union Continental Referee. Master Grieme conducts rank advancements up to 1st Dan black belt in the Luverne Taekwondo club and up to red belt in the Algona and St. Paul, MN club.



Master Grieme is under the guidance of Master Yong Chin Pak, a 7th degree black belt. Master Pak is an instructor at Iowa State University, the Iowa delegate for the USA Taekwondo Union and the President of the National Collegiate Taekwondo Association. Master Pak conducts all rank advancements and is a guiding force and influence in the growth of Taekwondo.



The **Art** of **Hand and Foot** and **Self Defense**

**Algona
Taekwondo**
118 E State Street, Algona • 101 Broadway, West Bend
Teresa Bruns & Tom Brotherton, Instructors

What is Taekwondo?

Taekwondo is a Korean martial art that was founded approximately 2,500 years ago. This art uses the hands and feet as a form of self-defense.

The hand techniques consist of blocks, strikes, and punches and the foot techniques consist of a wide variety of kicks from the ground and in the air.

Taekwondo is an excellent way for young children to develop balance, coordination, self-discipline, and respect. It is also a way for adults to improve self-control, self-confidence, flexibility, weight control, and physical fitness. Since Taekwondo is a year-round activity, it has become a preferred form of aerobic exercise. Taekwondo is an individualized activity and the progress at which you excel is dependent on the individual, not a team. Taekwondo has become popular because it is one of the few activities that all family members can participate in.

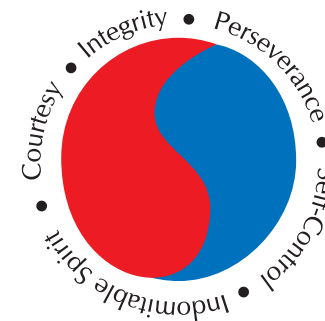


Taekwondo . . . the Sport

Although Taekwondo originated as a means of self-defense, it has grown to be a popular sport. The acceptance of Taekwondo as a competitive sport by the International Olympic Committee has greatly increased the growth of Taekwondo throughout the world.

There are two types of Taekwondo competition; forms and sparring. The United States Taekwondo Union has developed rules and guidelines that all competitors must follow to ensure sportsmanlike conduct and injury prevention. Competition is a means of testing one's skills against others of the same age and rank. It is also a way for all your hard work to be rewarded. Sportsmanship is a discipline that is difficult to develop unless you are involved in competition.

Taekwondo competition is offered at the state level, as well as national level.



The five tenants of Taekwondo guide the students toward the many benefits. These tenants are Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit.

Benefits of Taekwondo

- ◆ Self-Confidence
- ◆ Self-Discipline
- ◆ Self-Control
- ◆ Respect
- ◆ Sportsmanship
- ◆ Balance/Coordination
- ◆ Flexibility
- ◆ Physical Fitness
- ◆ Self-Defense

West Bend Classes - 101 Broadway

Tuesdays 6:00-7:15pm

Algona Classes - 118 E State St

Mondays & Thursdays

6:00-7:00pm - Beginners

7:00-8:00pm - Regular TKD Class

Family discounts available

For more information contact

Teresa Bruns 515-887-8538 (home) 515-320-0600 (cell)

Tom Brotherton 712-852-5244 (work) 712-380-2254 (cell)

Or simply come to class!