



Taekwondo & Martial Arts

# Black Belt & Beyond !!!



Taekwondo & Martial Arts

Grand Master

Alan Bastien,

WTF, MBA, PMP.

**Taekwondo** is a traditional martial art which, translated literally, means the art of hand and foot fighting. It combines sharp, strong angular movements with graceful and free-flowing circular motions to produce a harmonious marriage of beauty and power. With the addition of its own devastating kicking techniques, taekwondo is a complete, integrated and unique system of self-defense and personal improvement.

Seneca's mission, vision, and values are focused on enriching the lives of its students, through martial arts education and a positive mental attitude. We go beyond the physical fitness and taekwondo techniques required for martial arts excellence. We also teach students the philosophies and spirit of the martial arts, as a way of life.

**PRIVATE LESSONS ARE NOW AVAILABLE 7 DAYS A WEEK**

(By Appointment Only).

Private Lessons are perfect for men, women, children, families, siblings, small groups of friends, cohorts, and athletes from team sports who want off-season training and fitness.

Seneca Taekwondo & Martial Arts is an Adventure in Self-Discovery that will take you to Black Belt & Beyond !!!



[www.senecataekwondo.ca](http://www.senecataekwondo.ca)



Text 647.216.8000 for a return text or phone call.

