



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).

Seneca Taekwondo classes are fun and safe for men, women, and children. Everybody advances at their own pace, within a Team Environment of Mutual Respect.

Private Lessons for Schools, Businesses, Friends, Families, and Individuals can be arranged by appointment only.



www.senecataekwondo.ca



Text 647.216.8000 for a return text or phone call.

