

Our Facility

- ◆ Bright, spacious training environment
- ◆ Special EVA foam training floor
- ◆ Full compliment of modern training equipment
- ◆ Wall length mirrors (safety laminated)
- ◆ Full first aid supplies
- ◆ Air conditioned
- ◆ Bright changerooms
- ◆ Pro shop
- ◆ Waiting area/lounge
- ◆ Parent viewing/sitting area
- ◆ Washrooms (alternately-abled friendly)



Freedom TaeKwon-Do Schools

pride themselves on the quality, commitment and caring of its instructional team. All of our instructors are dedicated to providing the best instruction and experience possible to all of our students. The safety of our students is always our concern, whether it is inside our classroom or out. We offer a fully licensed and insured facility for the comfort of our students while in the classroom, and provide easy to learn and highly effective methods of self defense to keep them safe outside of the classroom.

The strong corps of highly competent instructors, headed by Mr and Mrs O, are qualified to guide students of all ages, genders and abilities through all the levels and aspects of TaeKwon-Do, mentally, physically, and confidently.

All of our Instructors have:

- Internationally Certified Black Belts (ITF)
 - Clean Criminal Record Checks (RCMP)
 - Certification in First Aid and CPR
 - Qualifications as Umpires and Referees
- and

EXTENSIVE INSTRUCTIONAL EXPERIENCE

LOCATIONS



Head Office

#101-3845 15th Ave
Prince George, B.C. V2N 1A4

(250) 564-2565
(250) 564-2506 (fax)

email: Mr.O@freedomtkd.com
website: www.FREEDOMTKD.com

Schools in:
Prince George Burns Lake Fort Ware

FREEDOM TAEKWON-DO



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101-3845 15th Ave
Prince George B.C. V2N 1A4

564-2565

FAMILY



CONFIDENCE



FITNESS



SELF DEFENSE



FUN!



Instruction at **FREEDOM TAEKWON-DO** is unparalleled.

Freedom TaeKwon-Do offers a variety of dynamic fun filled, and challenging programs for students of all ages and abilities. From the ages of 4 to 74, we have a class for you!

All of our exciting programs are tailored to the abilities, physical condition and goals of our students.

Our classes offer a variety of challenging workouts designed to increase your physical fitness, strength, flexibility, co-ordination, power and accuracy in a formal yet caring environment.

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Classes at Freedom TaeKwon-Do aid our students in developing increased confidence, concentration, self-discipline and life management skills, all while helping to relieve the stress and tension of our busy lives.



"Freedom TaeKwon-Do's Little Eagles program has helped develop the discipline, confidence, attitude and respect in my child."

Students come first at Freedom TaeKwon-Do! All of our students are treated as individuals by our caring staff of instructors, and are encouraged to progress at their own pace. Our Instructors provide all students with personal care and attention, helping them set goals and supporting them on their journey to meet them! Student accomplishments are recognized through unique awards and attractive belt certificates.

"We love the family like atmosphere of the school, we now have an activity that our whole family can do together!"



For those looking for an exciting athletic activity, Freedom TaeKwon-Do offers a complete competitive experience. Freedom TKD consistently produces champions at the local, national and international levels.

More importantly, students develop winning attitudes and self esteem that will positively effect their everyday lives. With our team of highly qualified instructors, you can be certain you are receiving the best training available!

Freedom TaeKwon-Do's programs are World Class; offering a complete Martial Arts education to our students. We offer Internationally Certified Instructors, Professional Fitness and Nutritional Specialists and coaches with World Championship experience.

Students also have access to a full inventory of cutting edge training aids, and are able to attend a variety of exciting training and learning opportunities around the world.

Student Safety is our first concern at Freedom TaeKwon-Do! We teach the physical, emotional and psychological skills necessary in case you have to defend yourself or your loved ones, and reinforce the awareness and preparedness method of self defense.



"Freedom's Expert Instructors gave me the confidence and skills necessary to effectively defend myself."

Freedom TaeKwon-Do offers cutting edge, easy to learn, yet highly effective self defense skills in all of our programs. Taught by our internationally certified Law Enforcement Defense Tactics Instructor, you can rest assured that you are receiving the very best in training and information.

"Freedom TKD's classes help develop the confidence and strength necessary to meet life's challenges."



We offer a full range of activities to all of our students; from special classes to camps, seminars, competitions and even exciting social activities! We have an event for the entire family!

COURTESY **INTEGRITY** **PERSISTENCE** **SELF-CONTROL** **INDOMITABLE SPIRIT**