



GET ACTIVE
Gold Coast



Get Active Gold Coast *My Story*

Date: 2011 - classes held at the academy every week

Location: Varsity Lakes

TANG SOO DO KARATE

The traditional Korean martial art of Tang Soo Do has recently opened a studio in Varsity Lakes. Martial arts teaches valuable life skills to enhance lives physically, mentally and spiritually. Verbal and passive resistance are utilised as self-defence skills and techniques, along with education and understanding of the dangers and realities of physical fighting. Tang Soo Do is an 'art' not a 'sport' so it focuses on a healthy lifestyle and personal improvement, rather than competition and winning.

"My son started Tang Soo Do Karate a few months ago. He has never really been interested in sport, but he loved karate after his first lesson. I have already noticed improvement in his behaviour and he now has something to put all his energy into. It really is the highlight of his week knowing he has karate class. I am very impressed with the level of discipline and respect taught to the students, the focus on self defence but also the strict rules against using karate techniques outside of the studio. Thank you Master Reinhardt!"

Owner and chief instructor Master Luke Reinhardt is a 4th degree black belt and has been involved with Tang Soo Do for over 15 years. Like many, Master Reinhardt sought out martial arts as a teenager who wanted to learn self-defence and gain some confidence. After his first lesson he was hooked and his journey began. The martial arts became his life and he dedicated and committed himself to the art of Tang Soo Do and to passing the art on to others.

"I have been training in Tang Soo Do for 12 months now. As soon as I started, I enjoyed every part of my training. It is a constant learning experience and since I began, my balance, flexibility, coordination and fitness

"Tang Soo Do is about discipline, respect, confidence, humility, balance, coordination, fitness, character building, and self-defence strategies & techniques."

have all improved. I am also learning valuable self-defence techniques and personal safety skills. As Master Reinhardt tells us, 'it's not the belt that matters, it is the journey getting

there'. Tang Soo Do is a lifestyle and I hope to have it as part of my life for many years."

Tang Soo Do classes are suitable for males and females of all ages and fitness levels.

"I trained for a few years in other styles of martial arts before finding Tang Soo Do. The level of discipline, protocol and the standard of techniques and training is far beyond anything I have seen before. Master Reinhardt is extremely knowledgeable in the art of Tang Soo Do, he doesn't just show you how to perform techniques but how and why we do them... a true martial arts instructor, very much focused on students perfecting techniques and demonstrating high standards... I love my Tang Soo Do training and am always learning something new. I now share this passion with my wife and 2 sons. Tang Soo!"

Want to get involved?

Contact: Master Luke (0418 813 843)

Visit the GAGC website

Search
Martial Arts



**EAST COAST
TANG SOO DO
KARATE ACADEMY**

Email:
admin@traditionaltsd.com.au

Ph: 0418 813 843

Web: www.traditionaltsd.com.au

FACTS:

- Men and women of all ages benefit from a moderate amount of physical activity!
- As an adult, get active every day, in as many ways as you can.
- Put together 30 minutes of moderate intensity activity most, preferably all days.
- If you can, also enjoy some regular, vigorous activity for extra health and fitness.
- Maintaining a regular routine of physical activity of longer duration or greater intensity are likely to derive greater benefits.
- Find your activity options at getactivegoldcoast.com.au

**Get up, get out...
get active!**

getactivegoldcoast.com.au