

*25th Anniversary, 2017*



## **Practice Schedule (2025-26 school year)**

### **Village Dance Studio**

6290 Central Boulevard, Whitestown, IN 46075

**Saturdays: 4:00—5:15pm**

### **Z-West Middle School: TKD Club**

**Wednesdays: 4:15—5:30pm**

### **Z-West Middle School**

**Wednesdays: 5:30—6:30pm**



*Annual practice and exhibition with NYC Headmaster,  
Michael T. Dealy, Ph.D. (9th Dan Black Belt)*

**Master:**

**Philip Zanateas, Ph.D, M.D.**

- 8th Dan Black Belt
- World Professional Martial Arts Org.  
Hall of Fame Award (January 19, 2013)



[www.wmaaindiana.com](http://www.wmaaindiana.com)

# **World Martial Arts Association: Indiana Chapter**

Headmaster: Michael T. Dealy, Ph.D.

Est. 1992



## **Tae Kwon Do**

*Spirit — Focus — Power*

## A Quick History of Martial Arts

While the true roots of martial arts are difficult to construct, it is widely associated with East Asia. Its early beginnings are believed to have started in India thousands of years ago. It was then brought to China by a Buddhist monk called Bodhidharma 1500 years ago.

Bodhidharma emphasized mental and physical development focusing on self-defense and as an aid in enlightening the mind.

In the 1600's, China introduced their version of martial arts to Japan. Eventually, Japan defined their version of martial arts as "karate" (meaning empty hands).

At the turn of the 20th century karate began migrating to Korea and eventually the U.S.A. Tae Kwon Do is Korea's version of karate with Tae meaning foot, Kwon meaning fist and Do meaning the way of. Literally, Tae Kwon Do means "The way of the foot and fist"

Today, over 70 million people in 188 countries practice Tae Kwon Do.

*Annual Tae Kwon Do Camp trip (Catskill Mountains, NY)*



## About Tae Kwon Do

Martial Arts are so universal in scope that they belong to all races and creeds, stressing mental and physical discipline. It can be valuable for different ages, sizes, and skill levels.

Tae Kwon Do is more than learning moves. The techniques may look easy, but they are difficult to master.

- Discipline is necessary to improve your technique and to develop your potential
- As your physical ability increases, so does your mental control and focus

Tae Kwon Do develops Physical AND Mental strength

- You must train until the moves are reflexive, ultimately developing speed, power, accuracy and balance which results in powerful self defense
- A mental discipline which creates the "Strength of Character" which will carry over into success in everything you do.
- Training develops physical fitness which requires the muscular exercise and coordination of the whole body
- Each body movement is designed for self defense and combat needs.
- Mental discipline, self confidence, and self control bring about the utmost determination and stability of both mind and body



## WMAA: Indiana Chapter's Philosophy

- Non-profit, family-focused community
- The club is run by volunteers
- Encourage growth thru positive reinforcement
- Show respect, and acceptance to all
- All belt-levels, ages, and abilities practice together
- Non-contact practice & competitions to minimize injury, show respect, and develop self control
- Perform to the best of one's ability
- Teach and help others
- Be a life-long learner
- Strive for perfection knowing it's unattainable

