

MARTIAL ⁱAL  TM
YOU

PROGRAM REGISTRATION PACKET



P.O. Box 282 Carmel, Maine 04419

REGISTRATION INFORMATION

Please fill out as accurately as possible.

STUDENT INFORMATION:

First _____ Last _____ Date of Birth ____/____/____

Mailing Address _____ City _____ Zip _____

Cell Phone _____ Home Phone _____ E-Mail _____

IF STUDENT IS A MINOR (17 YEARS OR YOUNGER) PLEASE COMPLETE THE FOLLOWING:

Primary Guardian or Parental Contact:

First _____ Last _____

Cell Phone _____ Work Phone _____ E-Mail _____

Secondary Parental Contact:

First _____ Last _____

Cell Phone _____ Work Phone _____ E-Mail _____

CHECK OFF ALL THAT APPLY:

Any Physical Handicaps? Yes No If Yes, Explain: _____

High Blood Pressure? Yes No If Yes, Explain: _____

Heart Disease? Yes No If Yes, Explain: _____

Lung Disease? Yes No If Yes, Explain: _____

Asthma? Yes No If Yes, Explain: _____

Other? Yes No If Yes, Explain: _____

IF YES TO ANY ABOVE, YOUR FAMILY PHYSICIAN:

First Name _____ Last Name _____ Phone _____

In case of emergency call:

First Name _____ Last Name _____ Phone _____

Relationship to student _____ Phone _____



P.O. Box 282 Carmel, Maine 04419

LIABILITY WAIVER AND INDEMNIFICATION

Learning, practicing and participating in martial arts is an inherently dangerous activity. More so than many other types of exercise and physical activity. The very nature of martial arts is such that there is **ALWAYS** the possibility that a participant will injure him or herself or be injured by another. Injuries in a contact sport such as TaeKwonDo, Hapkido, Karate, Judo, Boxing, Kempo, Jiu-Jitsu or MMA (Mixed Martial Arts) may range from minor to major. And although it would be a rare case, death is also possible.

Participation is possible only if the participant accepts and signs the following waiver of liability, which releases MARTIAL YOU, its members, Shawn Hill, instructor(s), director(s), volunteer(s), employee(s), associate(s), agent(s), affiliate(s), and any others connected therewith from all liability both criminal and civil.

Participant affirms that he/she is in good physical condition and mental health and is aware that all activities, especially those with regard to actual physical training in the martial arts, are entirely voluntary, and any participant can at any time elect not to partake in any activity which he/she feels may involve some element of risk or discomfort to his/her person. Accordingly, the applicant accepts all conditions of membership, studentship, and participation and agrees to hold, MARTIAL YOU, its members, Shawn Hill, instructor(s), director(s), volunteer(s), employee(s), associate(s), agent(s), affiliate(s), and any others connected therewith harmless from liability for damages for any injuries, including but not limited to death and disability, arising from any of the activities organized by, directed by and instructed by MARTIAL YOU, its members, Shawn Hill, instructor(s), director(s), volunteer(s), employee(s), associate(s), agent(s), affiliate(s), and any others connected therewith. I also understand that there may not be anyone immediately available that is certified in first aid or CPR and that treatment may be delayed until such time a certified individual is or individuals are available. Any treatment for injuries sustained will be of a first aid type only, given with my permission.

I know there are risks involved in such activities and that unanticipated risks may arise during such activities. The use of the equipment, facilities, and premises shall constitute acceptance of that risk regardless of the nature of the injury or medical condition. I recognize that donations, dues, testing fees, all gear purchases and all apparel purchases are nonrefundable, even upon injury or illness.

To maintain a safe environment and health-conscientious training, I will observe all academy rules and safety guidelines and endeavor to use common sense at all times during my participation.

The terms of this agreement will serve as a release and indemnity agreement for my heirs, personal representative(s), and for all members of my family, including any minors.

I further state that I am eighteen (18) years of age or older and legally competent to sign this release. That I understand these terms are contractual and not mere recital, and that I have signed this document as my own free act. (A parent or legal guardian must sign for all persons under eighteen (18) years of age.)

Please carefully read and initial each of the following that **apply** and then sign below:

____ I am over the age of eighteen (18) and I understand that martial arts are an inherently dangerous activity in which there is always the possibility that I may be seriously injured.

____ I am the legal guardian of _____, who is a minor child ("Child"). While I understand that martial arts are an inherently dangerous activity in which there is always the possibility that my child may be seriously injured, I hereby give permission for my Child to participate in martial arts. I also agree to ensure that my Child fully understands all of the requirements of this document.

____ I entirely assume the risk of all injuries that I (or, if applicable, My Child) may sustain in connection with learning, practicing, and participating in martial arts.

____ I waive all claims of liability and causes of action that I (or, if applicable, my Child) presently may have or that may accrue to me (or, if applicable, my Child) in the future against MARTIAL YOU, its members, Shawn Hill, instructor(s), director(s), volunteer(s), employee(s), associate(s), agent(s), affiliate(s), and any others connected therewith.

____ I agree to indemnify MARTIAL YOU, its members, Shawn Hill, instructor(s), director(s), volunteer(s), employee(s), associate(s), agent(s), affiliate(s), and any others connected therewith for any damages or losses, including attorney's fees, that any or all of them may incur as a result of any action taken by me (or, if applicable, my Child).

____ I agree to hold harmless MARTIAL YOU, its members, Shawn Hill, instructor(s), director(s), volunteer(s), employee(s), associate(s), agent(s), affiliate(s), and any others connected therewith, for any damages or losses, including attorney's fees, that any or all of them may incur as a result of any injury suffered by me (or, if applicable, my Child).

____ I have carefully read this Liability Waiver and Indemnification and all of my questions about it, if any, have been fully answered and satisfied:

Print Participant's Full Name

Participant's Date of Birth

Telephone Number

Address

City

State

Zip

I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

Participant Signature (or, for a minor, Guardian's Signature)

Date



P.O. Box 282 Carmel, Maine 04419

TAEKWONDO PROGRAM EXPECTATIONS

PLEASE READ CAREFULLY, INITIAL AFTER EACH ONE AND SIGN BELOW.

To help everyone get the best experience possible from participating in our program activities and classes we have summarized some of the most important expectations in order to help make the journey as transparent as possible. It is important that you read the entire list and acknowledge that you understand each expectation and will do your best to honor it.

- 1) **ENTITLEMENT**, First and foremost we must say that no one, **NO ONE** is **ENTITLED** to anything from martial arts, our program or instructors. It is our mission to make everyone's experience the best that it can be, and we will strive to perform to the best of our abilities while addressing issues as they arise. We also expect program partners, participants, students and members to strive to perform to the best of their abilities and act in a socially appropriate and acceptable way while respecting program rules and etiquette. It must be agreed that it is a **PRIVILEGE** to learn from others just as it is a privilege for our staff, partners and instructors to be involved, teach and serve the community through this program. If you do not agree with this philosophy then you will not be happy within this program and should not pursue enrollment.

Initial here _____

- 2) **HARD WORK** is recognized and rewarded, not merely being present. Although attendance is important in a learning environment, students must apply themselves to the best of their abilities while present. If a member or student chooses to not participate in class activities and structure simply because they do not wish to then we must reserve the right to remove said individual from classes and programs. This program is not a boot camp for kids, nor is it a daycare center. The program is staffed by a small group of experienced instructors that wish to teach others who are willing to work hard and learn from that knowledge and skill.

Initial here _____

- 3) **PHYSICAL CONTACT**, Many styles of martial arts require physical contact during several aspects of training. Students will need to make contact with training aids such as small targets, large heavy bags, other students, and instructors in order to practice various skills and techniques. Instructors will do their very best to make sure the training environment is safe for everyone, but just as accidents happen in day to day life they often occur while practicing martial arts. During many training exercises safety gear is essential and required. However, safety gear such as arm pads, shin pads, helmets and mouth guards worn by students, are meant to limit the effects of contact and the dangers of accidents, but that is all it does. Students and parents of students must understand that there is no way to prevent every mishap, injury or accident. They will happen on occasion. This is a fact.

Initial here _____

- 4) **BEHAVIOR** is extremely important in learning a martial art. Acting out, being disruptive, not paying attention or not listening to instructors can prevent others from benefiting from classes and can lead to injuries by way of unintended or intended contact. Any student or parent of a student who chooses to become disruptive will be

asked to leave immediately without question. If behavior issues are not fixed within 2 classes the membership of those involved will be revoked and all parties will be asked to leave immediately. In order to create the best learning experience for all members we must all agree upon this condition.

Initial here _____

- 5) **TESTING** will occur at the discretion of all instructors based upon their assessment of the student body. Rank testing is a tradition that was adopted from the Japanese by most modern martial art systems and we carry on this tradition by having students complete a skill test when it is believed they are ready to do so. A student may pass this test and be awarded their next rank or they may fail and have to retake the test again when deemed appropriate. Instructors will do their best to make sure students are prepared for testing, but it is up to the student to practice, study, and give 100% during testing in order to pass. Testing requirements may also include a set number of community service hours that must be completed before a student may test. If a student does not perform the belt level skills as required, chooses not to apply themselves, or cannot complete testing for some other reason, they may fail. We encourage all those who do not pass a test to work hard, practice more often, and try again!

Initial here _____

- 6) **PARENTAL DISRUPTIONS** are unacceptable. Parents of students are welcome to and are encouraged to observe classes and to help out when their child has a behavioral issue or requires any special care. We must however ask that all parents refrain from disrupting classes by injecting extra and unnecessary personal instruction during training. We know it's very easy to want to help guide youth through the difficulties of certain tasks, but our curriculum is designed to challenge students in many ways both physically and mentally.

There will be times when instructors will purposely place a student in a challenging situation whether it's to try and explain a skill to the entire class or to physically demonstrate skills in front of a group. Instructors may also at times need to address behavior with discipline which may include a physical task such as push-ups, running, or other exercises as well as having students sit out for a period of time. It is through all these moments instructors will need parental support for the martial arts system to work.

Initial here _____

- 7) **ETIQUETTE** is required in class. The martial arts are made up of systems that teach physical and mental skills to students in groups or one on one. In order to create a desirable learning environment that works for both, the teacher and the student, these systems have developed a behavioral etiquette based around the tenants or core beliefs of that system. This governing behavior encourages courtesy, humility, and respect through the entire process of learning and remains at the core of each art.

This program is no different and requires etiquette be observed and practiced. Students will be required to address and treat each other in a courteous and respectful manor. Instructors are referred to by their last names (Mr. Hill, Mr. Smith, Mrs. Johns etc.) and questions are answered as Yes or No Sir/Mam. By maintaining this etiquette, a rewarding system is maintained that acknowledges those who work hard and helps keep structure and order for those trying to learn.

Initial here _____

- 8) **PERSONAL HYGIENE** is very important while learning in group settings and especially when doing physical training with partners that remain in close proximity with each other. Each student must do their best to keep themselves and their uniform clean. You will be learning side by side with others and you do not want to torture fellow students with the nasty smells that can arise from poor hygiene or a dirty uniform. Make sure to keep fingernails and toenails trimmed as they can cause injuries to those you train with. If any member, student or parent/guardian consistently maintains poor hygiene which causes other members, students or parents/guardians to complain, we must reserve the right to suspend that individual's membership until such time that the personal hygiene issue is addressed, or we must cancel the individuals membership all together if the hygiene issue cannot be resolved.

Initial here _____

- 9) **UNIFORMS** for students are a requirement and should conform to the standard defined by the particular style being practiced.

For example: Taekwondo uniforms should be white in color with a standard pullover v-neck top. Short sleeve or short pant uniforms are not allowed. Junior students, those under the rank of black belt or 1st dan, should not have a uniform with a black colored v-neck.

The idea of a consistent dress code creates a significant distinction between individuality through appearance and individuality through action. One of the main focuses of martial arts is to help students improve themselves both physically and mentally which is expressed by their skills not by the way they dress. A consistent uniform dress code also generates an important sense of unity among members and cohesiveness among all program participants. Any student who does not comply with uniform dress code may be asked to change their uniform to comply and we must reserve the right to cancel someone's membership if they refuse to comply with program dress code.

Initial here _____

Print Participant's Name

Participant's Date of Birth

I HAVE READ AND HAVE UNDERSTOOD THE MARTIAL YOU PROGRAM EXPECTATIONS AND ACKNOWLEDGE THAT I AGREE WITH THE MEANING AND REQUIREMENT OF EACH ONE.

Participant Signature (or, for a minor, Guardian's Signature)

Date

Instructor Signature

Date



P.O. Box 282 Carmel, Maine 04419

PHOTO AND VIDEO/AUDIO RECORDING RELEASE

I am 18 years of age or older and, if not, my Mother/Father/Legal Guardian has also signed below.

For my participation in activities to be conducted by MARTIAL YOU, I hereby give my permission and consent, now and for all time, to MARTIAL YOU and third parties collaborating with MARTIAL YOU to make, reproduce, edit, broadcast or rebroadcast any video, film, footage, sound track recordings and photo reproductions of me and/or my narrative account of my experience at or with MARTIAL YOU, for publication, display, sale or exhibition thereof in promotions, advertising and legitimate business uses without any compensation to, and/or claim, by me. I may, or may not be, identified in such reproductions; however, I shall not be stated by name to have endorsed any particular commercial products or commercial services.

I further agree to the following:

- Any video film, footage, sound track recordings, and photo reproductions of me and/or my narrative account of my experience at or with MARTIAL YOU, I authorize, according to this Release, shall belong to MARTIAL YOU and third parties collaborating with MARTIAL YOU . Therefore, they will have full right of disposition of any video film, footage, sound track recordings and photo reproductions of me and/or my narrative account of my experience with or at MARTIAL YOU;
- Any video, film, footage, sound track recordings and photo reproductions of me and/or my narrative account of my experience with or at MARTIAL YOU will not be subject to any obligation of confidentiality and may be shared with and used by MARTIAL YOU and third parties collaborating with MARTIAL YOU ;
- MARTIAL YOU and third parties collaborating with MARTIAL YOU shall not be liable for any use or disclosure to a third party of any video, film, footage, sound track recordings and photo reproductions of me and/or my narrative account of my experience at or with MARTIAL YOU; and
- MARTIAL YOU and third parties collaborating with the MARTIAL YOU shall exclusively own all known or later existing rights worldwide and shall be entitled to the unrestricted use of any video, film, footage, sound track recordings and photo reproductions of me and/or my narrative account of my experience at or with MARTIAL YOU for any purpose without compensation to me.

I agree that my consent and this release are irrevocable. I hereby release and discharge MARTIAL YOU and third parties collaborating with MARTIAL YOU from any and all claims in connection with the uses and reproductions of any video, film, footage, sound track recordings and photo reproductions of me and/or my narrative account of my experience with or at MARTIAL YOU as described herein.

Signature _____ Printed Name _____ Age _____

Address _____ City _____ State _____ Date _____

I am the Mother/Father/Legal Guardian of (child's name). For the consideration contained herein, I hereby consent to the foregoing on behalf of my minor child.

Signature of:

Mother/Father/Legal Guardian: _____

Date: _____

MARTIAL YOU



TM



WELCOME!

TO MARTIAL YOU'S OLYMPIC TAEKWONDO PROGRAM

BEFORE YOU ENTER THE DOJANG



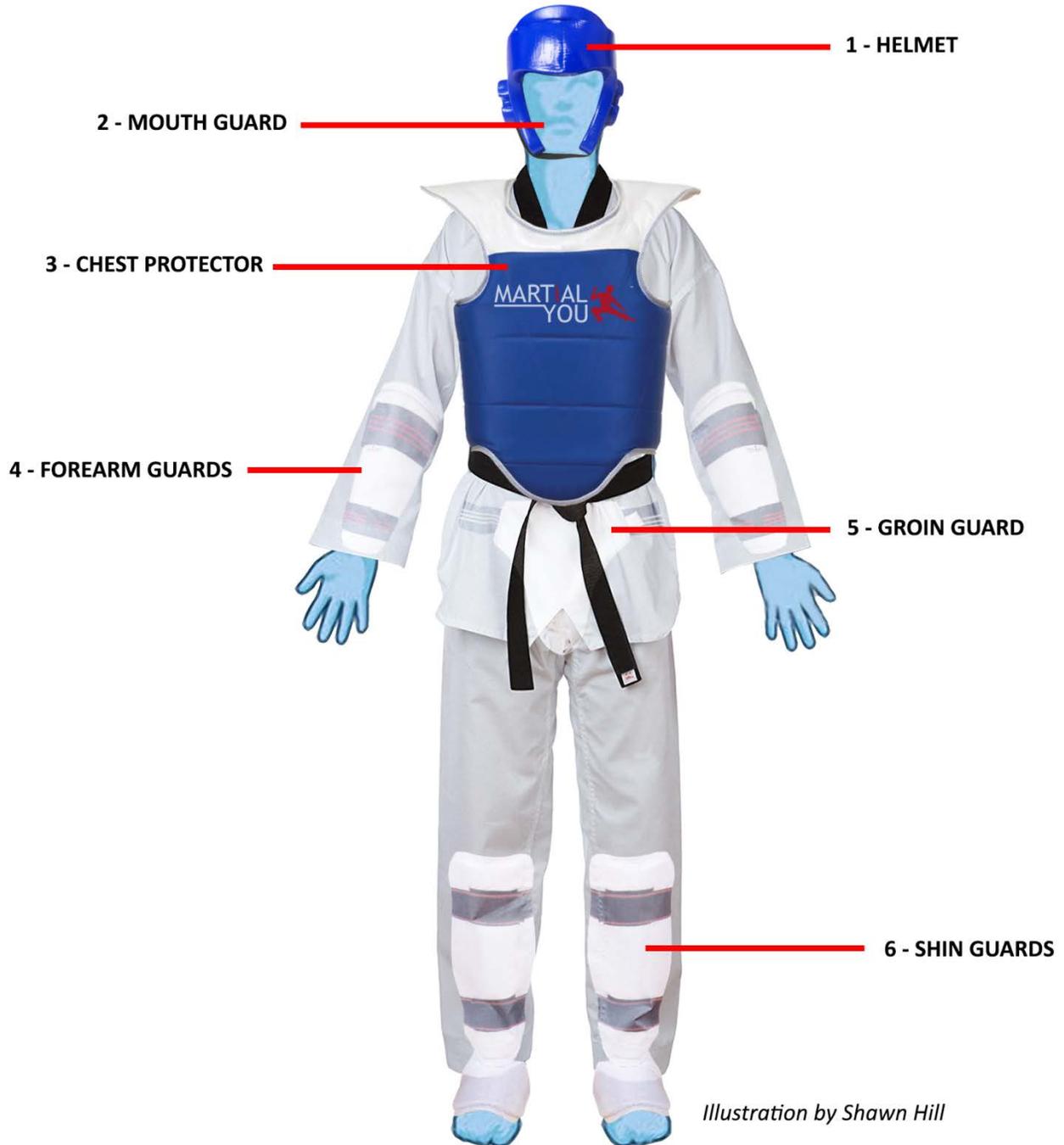
P.O. Box 282 Carmel, Maine 04419

TRAINING AREA RULES

1. **BE SAFE!** - Pay attention at all times and never engage in fighting, goofing around or horseplay. Do not wear any jewelry while participating in classes as it can harm others and yourself during training.
2. **RESPECT OTHERS, YOURSELF, THE TRAINING SPACE AND EVERYTHING IN IT** – Treat those around you with great respect and refrain from cursing, put-downs or derogatory comments. Take pride in who you are, your appearance, your character, and exercise self-control at all times. Participation is a **PRIVILEGE** for everyone, **NOT AN ENTITLEMENT**, and should be treated as such. Take care of your training space and everything in it. Keep your belongings together and in designated areas. Keep street shoes off the mats.
3. **BE RESPONSIBLE** – Be on time! If you have an injury, inform an instructor before joining class or training. If you become injured while training inform an instructor immediately. Never misuse what you learn and always take responsibility for your own actions.
4. **LEAVE BAD ATTITUDES AND NEGATIVE EMOTIONS OUTSIDE** - Arrive ready to work, learn, and train with others while carrying a positive attitude. Everyone wants to enjoy themselves while learning and its each person's responsibility to ensure they do not adversely affect others. If you do not want to be here, leave right away or do not come in at all.
5. **GIVE 100%** - Never short change yourself and others by not giving your all each and every class.
6. **DO NOT ENTER OR LEAVE CLASS WITHOUT ASKING PERMISSION** – If you must leave a class early for any reason, please inform an instructor before doing so. If you have arrived late and wish to join a class in progress, wait for permission to do so.
7. **PERSONAL HYGIENE** - Keep yourself and your uniform clean. You will be learning side by side with others and you do not want to torture fellow students with the nasty smells that can arise from poor hygiene or a dirty uniform. Make sure to keep fingernails and toenails trimmed as they can cause injuries to those you train with.
8. **NO GUM CHEWING** – Never chew gum while training!

TAEKWONDO PROGRAM REQUIRED GEAR

The following is a list of equipment students will be required to have/use when participating in Olympic Taekwondo training. Though not used all the time, this gear will be needed often for training exercises. It is important to remember that Olympic Style Taekwondo involves aspects of a contact sport and in order to minimize injury students should maintain all their equipment.



- 1) PROPERLY FITTED HEADGEAR** – All students must provide their own red, blue or white headgear. Cracks or defects in the headgear will not be allowed. Red and Blue colored helmets should be matched with Red and Blue colored chest protectors. A white helmet can be worn with either color of chest protector.



- 2) MOUTH GUARD** – All students are REQUIRED to use a mouth guard while participating in sparring. A mouth cover may be used for those with braces. Mouth guards can be single or double guards.

- 3) PROPERLY FITTING CHEST PROTECTOR** – All students must provide their own red and blue full body WTF chest protector. Chest protectors (Hogus), must cover valid scoring areas, armpit to hip bone. All chest protectors must wrap around and cover the back of the athlete in the valid scoring area.



- 4) FOREARM GUARDS** – Forearm guards are REQUIRED and it is recommended that students get quality foam, cloth or vinyl products.

- 5) GROIN PROTECTION** – All male students are REQUIRED to wear a protective cup inside the pants during sparring activities. This is optional for female students. It is a good idea to get students into the habit of always wearing this protection while in class.



- 6) SHIN/INSTEP PROTECTION** – Shin/instep protection is REQUIRED and it is recommended that students get quality foam, cloth, or vinyl products. The guards can be purchased as a single guard which includes an attached instep protector or as separate shin and instep pieces.



P.O. Box 282 Carmel, Maine 04419

PROGRAM DETAILS AND SCHEDULE

Olympic Style Taekwondo Basics / WTF (World Taekwondo Federation) Style

COST

\$30.00 per month due the 1st of each month (Cash / Check / Credit / Debit)

We will be contacting you soon for payment information if you have not already made payment arrangements.

PROJECTED CLASS TIMES

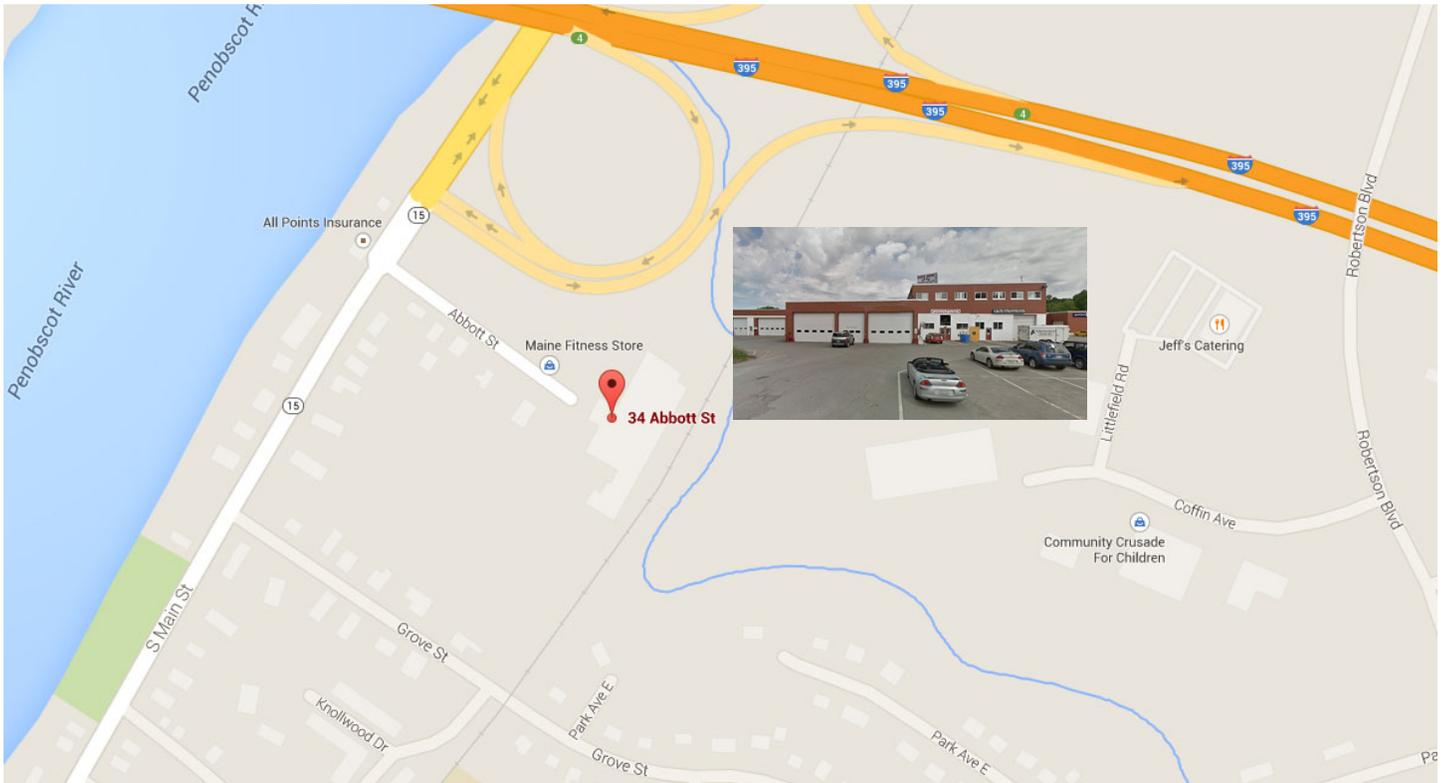
Thursdays

6:00pm to 7:00pm ages 7-14

7:15pm to 8:15pm ages 14-Up

LOCATION

Team Irish MMA Fitness Academy - 34 Abbot Street Brewer, Maine 04412



BASIC PROGRAM STRUCTURE

First week of each the month - The Basics (footwork / stances / blocks / strikes / falls)

Second week of each month – Forms / Poomsae, one steps and self-defense techniques

Third week of each month – Basic Olympic kicking techniques and drills (Gear Required!)

Fourth week of each month – Basic Olympic sparring (Gear Required!)



P.O. Box 282 Carmel, Maine 04419

UNIFORM REQUEST FORM

TAEKWONDO UNIFORM APPROXIMATE SIZING CHART

Please write in the quantity for each size needed - measurements are in inches

Quantity	Size	Height	Weight	Shoulder Width	Jacket Length (B)	Chest Width (C)	Waist (D)	Pants Length (E)	Inseam
	000	4' - 4'3"	40-60 lbs.	45	20	15	16-24	28	21
	00	4'4" - 4'5"	60-85 lbs.	48	22	17	18-28	30	22.5
	0	4'6" - 4'8"	85-100 lbs.	51	25	18	20-30	32	24
	1	4'9" - 5'1"	100-125 lbs.	53	27	19	24-32	34	27.5
	2	5'2" - 5'5"	125-150 lbs.	56	29	21	26-34	38	29
	3	5'6" - 5'10"	150-185 lbs.	59	30	22	28-36	40	30.5
	4	5'11" - 6'	185-210 lbs.	64	32	24	30-38	42	31.5
	5	6'1" - 6'3"	210-250 lbs.	66	34	25	36-42	45	34
	6	6'4" - 6'7"	250-280 lbs.	70	37	27	40-48	47	36
	7	6'8" - 6'11"	280-325 lbs.	72	39	29	44-52	48	38

Full payment must be received when you submit the uniform request.

Please check the boxes below and sign to acknowledge and agree to the following conditions:

I understand that my order is non-refundable unless there is a defect in the uniform itself, even if I or my child cannot participate in the martial arts program.

I understand that the sizing chart above is an approximation and the uniform received may not be an exact fit.

First _____ Last _____

Mailing Address _____ City _____ Zip _____

Cell Phone _____ Home Phone _____ E-Mail _____

Kids



Adult



PRICING FOR BASIC UNIFORM

Taekwondo White V-Neck Uniform

These uniforms are the modern traditional and Olympic style worn by practitioners of taekwondo and are suitable to wear for all camp activities.

Each uniform will be ordered in the size(s) specified and includes the MARTIAL YOU logo on the left pant leg.

Material is typically a cotton or Polyester/Cotton blend.

Pants have elastic waistband and draw string.



TAEKWONDO



TaeKwonDo - Korea: "The way of the hand and foot" - a modern martial art from Korea that is characterised by its fast, high and spinning kicks. It combines combat techniques, self-defense, sport, exercise, and in some cases meditation and philosophy. In 1989, Taekwondo was the world's most popular martial art in terms of number of practitioners. Gyeorugi, a type of sparring, has been an Olympic event since 2000.

There are two main branches of taekwondo development, which are not necessarily mutually exclusive:

"Traditional taekwondo" typically refers to the martial art as it was established in the 1950s and 1960s in the South Korean military, and in various

civilian organisations, including schools and universities. In particular, the names and symbolism of the traditional patterns often refer to elements of Korean history, culture and religious philosophy. Today, the Kukkiwon, or World Taekwondo Headquarters is the traditional center for Taekwondo in Korea.

"Sport taekwondo" has developed in the decades since the 1950s and may have a somewhat different focus, especially in terms of its emphasis on speed and competition (as in Olympic sparring). Sport taekwondo is in turn subdivided into two main styles; one derives from Kukkiwon, the source of the sparring system sihap gyeorugi which is now an event at the summer Olympic Games and which is governed by the [World Taekwondo Federation \(WTF\)](#). The other comes from the [International Taekwon-Do Federation \(ITF\)](#).

A brief time table showing the recent progress of TAEKWONDO:

- 1945 - Korea was liberated from the Japanese and Koreans began returning to traditional Korean martial arts
- 1955 - Various Kwan masters officially named their art TaeKwonDo
- 1965 - The Korea Taekwondo Association was formed.
- 1973 - World TaeKwonDo Federation created.
- 1975 - General Association of International Sports Federations recognizes the WTF.
- 1976 - TaeKwonDo accepted as a Consul International du Sport Militaire sport (world level military sports organization).
- 1980 - International Olympic Committee recognizes the WTF.
- 1981 - TaeKwonDo accepted as a World Games sport
- 1983 - TaeKwonDo accepted as a Pan American Games and All Africa Games sport
- 1985 - TaeKwonDo adopted as a demonstration sport for the 1988 Olympic Games.
- 1986 - TaeKwonDo accepted as a Federation International du Sport Universitaire sport (world university level sport organization).
- 1988 - TaeKwonDo is an Olympic demonstration sport in Seoul, South Korea
- 1992 - TaeKwonDo is an Olympic demonstration sport in Barcelona, Spain.
- 1994 - TaeKwonDo selected as a full Olympic sport for the 2000 Olympic Games in Sydney, Australia.
- 1996 - TaeKwonDo is an Olympic demonstration sport in Atlanta.

2000 - TaeKwonDo officially an Olympic sport Sydney Australia

2004 - TaeKwonDo official Olympic sport - Athens

2008 - TaeKwonDo official Olympic sport - Beijing

2012 - TaeKwonDo official Olympic sport – London

KEEP IN MIND

In the world of martial arts, there are many styles, and within each art, such as TAEKWONDO, there are many variations of that style. Not everyone learns by the same exact methods, or learns the same exact techniques and not everyone teaches the same exact way.

PROGRAM INSTRUCTOR



Mr. Shawn Hill – 2nd Dan Olympic Taekwondo

Shawn Hill has been practicing Olympic Style Taekwondo since 2002, and has been a volunteer instructor and coach since 2004. He has worked and trained with numerous martial artists and has been involved with several martial arts programs including those at CPC School of Self Defense in Corinth, Maine, Eastern Maine Community College in Bangor, Maine, Old Town High School, and for almost 10 years, The Bangor YMCA.

“Martial arts, provides opportunity and the concept of opportunity isn't something as complex as rocket science or neuro surgery, it's very simple: more opportunity means more choices with fewer obstacles. The Choice to improve oneself both physically and mentally, socially and personally, and to increase that sense of well-being which can lead to a much healthier and happier individual.

That individual could be your child, brother, sister, mom, aunt, grandfather, neighbor, boss, doctor, co-worker, lawyer, accountant or YOU! Healthier individuals lead to a healthier community and a healthier community is a better community!”

Shawn Hill

ABOUT MARTIAL YOU

MARTIAL YOU was founded by Shawn in 2011 to promote the benefits of martial arts and to help keep quality programs accessible and in the spotlight. Since then MARTIAL YOU, has worked to make a positive impact in the lives of hundreds of kids and adults through its community projects.

The mission: *To promote and help make accessible the benefits of martial arts through programs that foster health, well-being, integrity and community responsibility.*

Through involvement with local schools, other non-profits organizations and community members we hope to adhere to that mission while creating collaborations that will be beneficial to everyone.