

Why should I choose Taekwondo?

Whenever someone is considering beginning martial arts classes, they often ask, “What are the differences between Taekwondo and other martial arts?”

Or, “Which is better?”

Taekwondo offers numerous benefits & In addition has a sport competition aspect, but this makes up only part of the entire curriculum.

So, what are the differences?

- Taekwondo emphasizes kicking techniques & is an Olympic sport.
- Stances, and movements differ significantly between Taekwondo and others though.
- Taekwondo originated in South Korea - It can be trained traditionally and through the modern olympic sport.

It should be noted that although taekwondo tends to use fast kicking, taekwondo training is well-rounded and involves learning blocks, punches & open-handed strikes.

What we believe sets W1 apart from the others?

- W1 encourages winning behavior.
- W1 prides itself on keeping things clean and orderly.
- W1 loves to include our parents in the process.
- We have various classes to accommodate most working families' schedules.
- W1 is centrally located and easy to find with plenty of parking.
- W1 has adult, teen and kids competition/sparring classes available weekly.
- W1 does not mimic other martial arts styles and offers the students the opportunity to acquire life skills through a hands-on approach.
- W1 runs the most competitive program in the area.
- W1 is led by a lifelong martial artist with international achievements and continues to work on their craft every day.

- W1 relies on show and tell teaching methods with all the instructors being able to execute what they preach. Then they teach this to the students at the highest level through positive reinforcement.

You may find an aspect of a particular martial art appealing, but if the instructors are inexperienced, the atmosphere is intimidating, or the location is out of the way, you may want to reconsider going to that dojo.

However If you've decided that you'd like to try Taekwondo, we welcome you to come by and try it out first here at W1 and receive world class treatment.