

What Programs are available?

There are many programs available to suit your personal needs.

We offer exciting programs for 4-6 year olds, 7-12 year olds, teens and adults. We offer the following courses:

- ✓ Self-defense
- ✓ Private Lessons
- ✓ Competitive Training
- ✓ Tournament Training



"I joined Lu's Taekwon-Do 5 months ago to train with my 7-year-old son who has been a student there for a year. All of the instructors and staff are very knowledgeable and promote a very respectful yet relaxed learning environment. Also, I have noticed that son's focus has improved dramatically. He is more confident and would love to train 7 days a week if he could."

-Testimonials



WWW.LUSTAEKWONDO.COM



苍轩国际跆拳道联盟

LU'S TAEKWON-DO

Est. 1982

AN ART, A PHILOSOPHY, A
SPORT
A WAY OF LIFE



WWW.LUSTAEKWONDO.COM

LOCATION: 28 BENTLEY AVENUE,
OTTAWA, ON (WEST HUNT CLUB
RD; NEAR COSTCO)

GMPHAPLU@GMAIL.COM

(613) 266-5142

BRANCH LOCATION: RIVERSIDE SOUTH

Welcome to Lu's Taekwon-Do

Congratulation! You have just taken the first step towards a more exciting future! Many new possibilities await – greater personal achievement, a healthier life style, and a wonderful journey towards success and happiness through the martial arts! Make this year your best one ever by discovering the life-enhancing qualities of the ever popular and rapidly growing Taekwon-Do.

What is Taekwon-Do?

Taekwon-Do is an **art** of self-defense based on ancient Korean warrior technique and modern scientific principles.

Taekwon-Do is a **sport**, which develops various physical skills such as endurance, flexibility, power, speed, and strength through aerobic and anaerobic activity.

Taekwon-Do is a **way of life**, which promotes constant and never-ending improvement and a proper balance between one's physical, mental, and spiritual development.

"Being in good health is a way of showing great devotion to parents, as a child's health is their utmost concern."

Confucius

How can I benefit?

On a **physical level**, children can improve their coordination, motor skills, and physical fitness while adults can reduce stress, increase their vitality, and get a great workout.

On a **mental level**, children learn to respect their parents, teachers, and instructors, develop discipline and concentration toward their responsibilities at home and their education at school, and gain more self-esteem and self-confidence. Adults develop a more positive attitude, derive a greater sense of self-fulfillment, and build a stronger character.

On a **spiritual level**, all practitioners achieve a higher degree of personal success and happiness through martial arts training.



Why should I choose Lu's?

- ✓ You join one of the oldest and largest martial art schools in Ottawa, established in 1982.
- ✓ You become a member of the Chan Hu International Taekwon-Do Federation (ITF) with over 40 countries worldwide. www.CHITF.org
- ✓ Experience world-class instructors in your community.
- ✓ Join various community events such as the Break-a-Thon for CHEO, the Annual Lu's TKD Golf Classic and more!
- ✓ Our facility features Olympic approved sport mats for ultimate training and safety.

Who are my Instructors?

Senior Grand Master Lu MBA, 9th Dan, and is the Chief Instructor of Lu's Taekwon-Do. He is a world-renowned expert and served as a technical assistant for General Choi Hong Hi, the legendary founder of Taekwon-Do, travelling world-wide from 1985-2002. Named by General Choi as the "Most Outstanding Instructor" for his dedication and promotion of Taekwon-Do around the world.

Senior Master Seely is the co owner of Lu's Taekwon-Do and is currently holding an 8th degree Black Belt. She trained directly under General Choi through several seminars under his guidance. She was chosen to lead a demonstration in Japan for their All Japan Cup and has coached many National Champions leading to gold medals.