

Instructors



**Grandmaster
Tim Bennett**
Director of Instruction
8th Dan Black Belt and
1st Dan Black Belt Hapkido



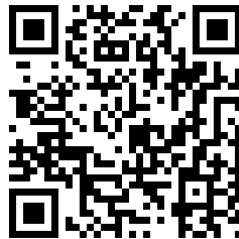
Master Mark Reid
Chief Instructor
5th Dan Black Belt
14 Years in Taekwondo

Classes

**Tuesday
and
Thursday
at 5:30pm**

Bennett's Taekwondo Academy

www.bennettstaekwondoacademy.com



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**Bennett's Tae Kwon Do
Academy**

Master Tim Bennett

7th Dan Black Belt

34 Years of Teaching
Experience

JOIN US

Classes at

13th and Central

Kearney

Kids 5 and up

Family TKD

Bennett's TaeKwonDo

Taekwondo

Tae Kwon Do is the official martial art of Korea. The literal translation of Tae Kwon Do is: TAE (kick); KWON (punch) DO (way). Tae Kwon Do is a way of life. It is based on the premise of peace through strength of the mind, body and spirit. Tae Kwon Do commonly known as the art of foot and hand fighting. This martial art believes the foot is more useful than the hand in defending oneself against an opponent. Tae Kwon Do is internationally known for its vertical and horizontal kicks. Tae Kwon Do training incorporates cardiovascular exercise, self-defense techniques, balance drills, calisthenics and several other physical exercises. Training can improve your overall physical condition, strength, and muscle speed.



Tae Kwon Do's Purpose

All serious students learn to utilize these five tenets both inside and outside the dojang.

Tenets of Taekwondo

Courtesy refers to the student's ability to respect oneself and others.

Integrity refers to the student's adherence to personal honor code of behavior.

Perseverance refers to the student holding steadfast to a course of action, belief or purpose.

Self-Control refers to the student's capability to keep their emotions and actions consistent and in balance over time

Indomitable Spirit refers to the student freeing their spirit in a manner, which enables them to achieve their greatest level of potential.

Tenets to Live By

In class all students need to display the five tenets of Tae Kwon do, respect and discipline. Through training in these principles, individuals, especially children, tend to incorporate these traits into their life. The five tenets along with respect and discipline are traits that have led students to better grades in school, greater self-control and greater self-discipline.

Tae Kwon Do As A Sport

As a sport Tae Kwon Do has taken its place in the Olympics. The techniques all contribute to make this one of the most exciting and competitive sports in the world. Tremendous skill and complete control are very important. Because of the high level of control, injuries are usually infrequent and minor.

Costs

Students will need to purchase a Dobak (uniform) before their first testing. Please see the instructors for specifications.

In order to progress in rank and skill, the student must participate in testing. Go to website for more details.

Session Fees

(Paid to Tim Bennett)

Each Session is 8 Weeks
See Grandmaster Bennett
For current pricing. Due to Covid fees have dropped.