

Looking for a fun and healthy activity the whole family can get into? Rhee Taekwondo could be for you! Get fit, learn effective self defence and develop self discipline & perseverance, all while having fun.

Rhee Taekwondo Maleny Instructor Nathan Arrowsmith answers some common questions.

Q. What is Taekwondo?

A. Taekwondo is a martial art with its origins in Korea some 2,500 years ago. The name Taekwondo translated means “the way of foot and fist”.

Q. What is the difference between Rhee Taekwondo and other styles?

A. Rhee Taekwondo is a traditional martial art, introduced to Australia in 1970 by World Master Chong Chul Rhee, the founder of Taekwondo in Australia.

Rhee Taekwondo is not a sport: there are no competitions and no protective equipment used. Students learn how to control their techniques and stop just short of the target when sparring.

Traditional martial art training offers a complete philosophy and way of life. Values such as honesty, integrity, respect, sportsmanship, achieving excellence and proper behaviour are the foundation of the classes.

Q. Does it promote fighting?

A. Absolutely not, just the opposite. We teach methods of avoiding physical conflict wherever possible. The self defence techniques are very effective and are only to be used for self defence as a last resort. Students must pledge to use the art only for self defence purposes, anyone who misuses the art is disqualified.

Q. Do you have to be fit?

A. Not necessarily. Beginners start with the basics, and gradually build up flexibility, strength and stamina as they progress. It is a great way to increase your fitness!

Q. How old do you have to be?

A. Rhee Taekwondo is suitable for adults and children ages 5 years and over.

Q. Is it good for kids?

A. Yes! Young students develop balance, coordination, focus, concentration, and self control. It is ideal for children and teenagers to learn to manage confrontation, bullying and assault situations.

Q. Why do people join?

A. People join for many reasons - discipline, exercise, self-defence, self-improvement, relief of stress, and also just for fun. Good health is one of the most important things in life, and Rhee Taekwondo instructors concentrate on helping their students achieve this.

Q. How will I know if Rhee Taekwondo is for me?

A. I invite you to take part in a no-obligation free trial. Have a go - you have nothing to lose and much to gain!

Q. How do I start?

A. There is an unlimited free trial. Just turn up or call first: 0419 496 160. 6pm every Monday & Thursday at Maleny High School on Bunya Street.