

Fun! Exciting! And Educational!

The TTJC system is based on a lifetime learning concept in addition to technical skills.

For children the basic building blocks in the study of Taekwondo develop the following qualities:

Courtesy

Respect

Confidence

Honesty

Friendship

Perseverance

Integrity

Self-Discipline

Self-Confidence

Self-Awareness

Self-Esteem

Self-Control

Self-Improvement

Develop the "Yes I Can!" Winning Attitude

The BEST in Self-Defense!

The BEST in Fitness!

The BEST in Life!

What is TTJC?

TTJC was built in 1981 upon Eun's Academy which was founded in 1978 in Oak Ridge, Tennessee. TTJC is designed to provide a truly traditional, disciplined, oriental martial arts instructional program for people in east Tennessee. Additionally, the TTJC professional martial arts program of Taekwondo is designed to stimulate greater public interest in the traditional martial arts—programs that are designed for successful self-development.

TTJC is not just one karate school but several schools in east Tennessee with the main school located in Knoxville. TTJC offers programs not commonly found in east Tennessee. They are designed not only to teach martial arts for self-defense, but also include an introduction to Korean culture and language, opportunities to meet real martial arts masters—many from Korea, and provide a discipline geared towards creating successful, fulfilling lives.

Founder—Grandmaster Pyong Kon Eun

- * Graduated Yong-In University College of Martial Arts second in his class
- * Former Korean National Champion in Judo
- * Former member of the elite Korean Presidential Bodyguard unit of the South Korean Army (R.O.K.)
- * Former Master instructor at UT and the University of South Dakota
- * Representative to the World Games 1985 (Korea) and 1995 (US)
- * Korean Olympic Committee Team President-1996
- * USA Taekwondo (an arm of the United States Olympic Committee) Commissioner for the State of Tennessee 2008
- * Appointed Lifetime member of the Board of Directors for USA Taekwondo for the State of Tennessee



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Tennessee Taekwondo-Judo College

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Walk in gentle strength.

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Tennessee Taekwondo-Judo College

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The only local school Teaching Original, Traditional, Oriental Martial Arts.

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Why Study the Martial Arts?

Many students begin studying martial arts with the thought of learning self-defense or getting into better physical condition. Most parents seek the traditional oriental martial arts for their children because the discipline, self-confidence, self-esteem, and life skills learned help improve the child's life.

However, as you progress you will discover that the physical demands, the mental concentration, and the discipline required to master these art forms will become a deeper part of yourself and will influence many aspects of your life.

Physically. . .

You will be healthier and stronger than ever. Plus you will learn valuable, practical self-defense.

A strong body builds a strong mind.

**** Physical Benefits ****

Increase endurance and stamina through Tan-jon breathing.

Increase balance, coordination, strength and flexibility.

Self-defense ability

Mentally. . .

You will build your inner strength and become a more Powerful and Confident individual. A positive mental Attitude provides the best ideas for self-improvement.

**** Mental Benefits ****

Increase self-confidence

Total control of mind over body

Improve power of concentration

Increase self-discipline

An understanding of better living through physical fitness

Increase self-esteem

Philosophically. . .

You will create, set, and strive to achieve your personal goals, you will increase your self-respect, and lead a more productive and peaceful life. This self-motivating program will help you get better grades in school, succeed in your career, develop better social relationships and be happier in your everyday life.



TTJC is for you. . .

Young or old, male or female, big or small makes no difference. You will enjoy learning martial arts from the only HIGHLY qualified martial arts instructors in the area (our instructors are actually qualified to teach in Korea or Japan where, unlike the US where no certification exists (see the TTJC brochure about black belt certification), Black Belt certification is required by law). These instructors make every effort to provide a safe, fun, and educational martial arts program. You will develop a new way of life both within as

well as outside the Dochang.

Taekwondo—*“the way of the foot and fist”*

Taekwondo is both an ancient martial art and a modern martial art having roots which date back some 2500+ years to the pre-Three Kingdom era of Korea. The modern aspect of Taekwondo is the sport part which has evolved into a competitive Olympic Games medal sport.

Hapkido—*“the way of internal or coordinated power”*

Much like Taekwondo, the essence of Hapkido can be traced to the beginnings of the pre-Three Kingdom era. Also like Taekwondo, Hapkido uses kicking and punching techniques, but includes throwing techniques, joint locks, weapons, and much more. Hapkido is too dangerous for sport application.

Judo—*“the gentle way”*

Judo evolved as a form of Jujitsu whose emphasis of techniques are throwing and grappling. Taught to almost every military service around the world, Judo is also an Olympic Games medal sport.

