

**Anderson Institute  
Of  
Tae Park Tae Kwon Do**

**Chung Do Kwan  
World Tae Kwon Do Federation  
Sr. Master Instructor:  
Brian Anderson  
6th Dan Black Belt**



**Anderson Institute  
44 Monroe St.  
Hillsdale MI 49242**

**439-8656  
Or  
437-2838**

## **Tae Kwon Do Class Schedules**

**At Anderson Institute  
44 Monroe St.  
Hillsdale, MI 49242**

**Tuesdays and Thursdays:  
Beginners class**

**4:00-4:50 pm**

*white and yellow belts only*

**Intermediate/Advanced**

**5:00-6:30 pm**

*Yellow green to black belts only*

**Saturday:**

**Red and black belt class:**

**9:00-9:50 am**

**Fight class:**

*Yellow green belts to black belts  
only*

**10:00-11:20 am**

**At Columbia Community Fitness  
Center**

**11775 Hewitt Rd.**

**Brooklyn, MI 49230**

**517-592-3393**

**Monday and Wednesday**

**5:00-6:30 pm**

## **Tae Kwon Do Club Fees**

### **Hillsdale Branch**

**Start up per person:  
\$75.00**

*Includes one membership,  
one uniform, and your first  
two months of Tae Kwon Do  
classes.*

**Monthly class fee:  
\$40.00**

### **Brooklyn Branch**

**Monthly Class Fee: \$40.00**

**Uniform Cost: \$40.00**

*Family Plans offered  
Please Ask!*

## What is Tae Kwon Do?

**Translated literally, Tae Kwon Do means the art of foot and hand fighting.**

**“Tae” means to kick, jump, or smash with the foot.**

**“Kwon” denotes a fist or to punch or destroy with the hand or fist.**

**“Do” is the art, the way, the method.**

**Collectively, Tae Kwon Do indicates a technique of unarmed self defense, but it adds a remarkable sense of bond to its practitioners, self confidence makes people generous in their attitudes toward weaker people. A Tae Kwon Do practitioner can stand equally against any opponent, but our code forbids unfair assaults or unnecessary use of force. The practice of Tae Kwon Do gives an individual the mental attitude of modesty. The virtues of modesty and generosity are fundamentally based on self confidence.**

### **What is a Tae Kwon Do class like?**

**Class starts with 5 to 10 minutes of warm up by walking, jogging, or light kicking.**

**After formally beginning the class there is 10 to 15 minutes of supervised stretching followed by basic stances and marching techniques.**

**The class then splits up into groups that perform basic kicking techniques, forms practice, self- defense techniques, one step and free sparring drills.**

### **What do I need to get started?**

**First and foremost a student needs an open mind and the desire to learn. A student must purchase an approved uniform from Senior Master Anderson.**

### **How old do I need to be to enroll in class?**

**We have students from ages 5 to 65. The attitude and maturity level of each individual is what leads to an enjoyable and productive experience.**



Color and black belt testing in 2010.



### **Senior Master Brian Anderson**

Started Tae Kwon Do in August of 1975  
Tested 1st Dan black belt in December 1977  
Started teaching at Hillsdale College 1977  
Tested 2nd Dan black belt in December 1979  
Graduated Hillsdale College 1979  
Tested 3rd Dan black belt 1982  
Tested 4th Dan black belt 1987  
Traveled to South Korea 1989  
Tested 5th Dan black belt 1992  
Traveled to South Korea 1992  
Traveled to Spain 1998  
Tested 6th Dan black belt 1999  
Traveled to China 2000

Senior Master Anderson has instructed literally thousands of students and has graduated over 300 black belts that now live all over the world. He has taught continuously since August 1977 at Hillsdale College and to the general public since 1980.

### **Senior Master Anderson's instructor is Mr. Tae Zee Park.**

Grand Master Park is a 9th dan black belt based in Manchester MI. His organization is spread throughout the country with over 40 Master Instructors. Just some of Mr. Parks accomplishments include:  
National Champion in Korea 1963-1968  
Captain of Korean Army Tae Kwon Do Team  
Instructor of National Teachers College  
Member of National Demonstration Team  
Captain of Sun Kyon Kwon University Team