

REGIONAL ACCLAMATION OF TANG SOO DO TRAINING

Parents and students of the Pleasantville Tang Soo Do Karate Academy under the direction of Master Donald Straga give testimony to the positive force of martial arts training:

"Before I started karate, I had horrible balance. I was overweight and getting teased for it. I was not able to defend myself. I was not at all agile. I had very little self confidence. (As a result of Tang Soo Do training) I became stronger mentally by gaining more self confidence. Meditation has helped me relax and gain inner peace. I am now aware of my physical abilities and limitations. My temper is now under control. I realize that whatever handicaps I was born with, I can now deal with and control. I truly believe that all of this happened because of the Christmas gift my parents gave me four years ago. Karate training has now become a way of life for me."

Matt Silva, 16 year old student
Candidate for Black Belt

"The mental and spiritual strength that I have been taught have helped me with all aspects of my life."

Marc LaGuardia, Businessman
Red Belt

"Tang Soo Do has increased my childrens' concentration and confidence level. Their teachers always say how polite my son and daughter are."

Pat Stark, mother and student
Red Belt

"One benefit of Tang Soo Do for my family and myself is the ability to engage in the activity together and focus on a common goal. The clear goal oriented approach to Master Straga's teaching methods produces clear positive results through hard work."

Rick Wehrhan, father of student &
husband of high ranking Black Belt
Candidate for Black Belt

"My three sons (Black Belts) have developed healthy bodies, great self confidence, good discipline, good awareness, and excellent study habits. I've had many positive comments from their teachers."

Meri Wagner, mother of students
Candidate for Black Belt