

# St. Anne MARTIAL ARTS

## WHITE HORSE ACADEMY OF MARTIAL ARTS

215 E. 11<sup>th</sup> Street (in the Heights)

Houston, TX 77008

281-630-5120

whama@swbell.net

[www.whama.com](http://www.whama.com)

**Master Barbara Dickens – 7<sup>th</sup> Dan Black Belt, Universal Way**

My program teaches a variety of Martial Arts. The basic program is **Korean Taekwondo**, which means *Art of Foot and Fist*. Included are elements of **Japanese/Okinawan Karate** which means *Art of Empty Hand*, as well as techniques from **Korean Hapkido** which means *Way of United Power*. At the higher levels, I include **Chinese Kung Fu** which means *Excellence in Knowledge*.

Taekwondo and Karate are considered “hard arts” as they are very powerful and strong in movement. They are designed to increase strength and physical power. Kung Fu is a “soft art” and its focus is on long life, good health and internal peace and harmony. Teaching this variety of art enables all to practice martial arts regardless of age, physical ability or limitations.

From Martial Arts training, children and adults can gain: self esteem, discipline, exercise, flexibility, increased energy levels, concentration, coordination, agility, patience, strong spirit, perseverance, integrity, courtesy, self-control and respect for self and others. Added to these fine qualities comes the knowledge of proven self-defense techniques.

I want students to achieve rank as they deserve. Rank level in Martial Arts is very important – the ranks are like steps up a ladder. Each level is similar to advancing a grade in school and is an accomplishment for each student to be very proud to have earned. I believe in what I teach; I live it and experience it daily. If I did not, I would not feel so strongly about its significance in the lives of my students.

Each student is expected and encouraged to progress through the course at his/her own pace. If the student stops training for an extended period, current tuition rate may be charged. The student will obey the rules, endeavor to conduct themselves in a manner befitting a student even in daily life, respond with respect to instructors and fellow students, and never do anything to disgrace the dojang. Strict observation of the rules relative to training will largely eliminate the possibility of accident or injury. Students and parents waive any claim to damages assessed against White Horse Academy of Martial Arts and/or principals, instructors, and students in his/her training activities.

**NOTE:** Uniforms and sparring gear must be purchased from WHAMA so all students will be alike and meet insurance requirements.(no exceptions). Prices for uniforms and gear are competitive or lower and will be brought to school for your student.

### Classes at: ST. ANNE CATHOLIC SCHOOL

<b>Day:</b>	Tuesday afternoon	\$60 Registration
	Class 3:00 to 4:30 pm	\$50 per month
		\$55 Uniform
		\$60 Rank testing fee
		\$109 Sparring gear (boys)
		\$89 Sparring gear (girls)
		\$25 WHAMA bag (holds all gear + uniform)