

Martial Arts Philosophy

"An attempt to establish human life in some satisfying and meaningful relation to the universe, and to afford some wisdom in the conduct of human affairs." Sang Kyu Shim

We offer Korean martial arts training for women, men, and children. Taekwondo is the primary style taught with additional Hapkido techniques blending together a sound mental, physical, and spiritual journey. Tae-Kwon-Do translates to; foot, hand, method or way of and has origins dating back thousands of years.

Master Randy Quam began his training in 1973. He has owned and operated several schools in the Gallatin and Madison counties since. Master Quam also carries a Masters Degree in Education from Montana State University and has been teaching second grade since 1996.

태권도



RQUAM MARTIAL ARTS ACADEMY
662 GLIDER LANE
BELGRADE MT 59714



RQUAM MARTIAL ARTS ACADEMY

TAEKWONDO / HAPKIDO



"Training for life since 1973"



RQUAM MARTIAL ARTS ACADEMY

TEL: 406-388-1476

rquam.com

PHYSICALLY CHALLENGING
MENTALLY DEMANDING
SPIRITUALLY ENLIGHTENING

Self Discipline and Self Confidence

When you first visit a martial arts school, much of what you see may be new to you. One of the more subtle things you'll notice is the air of dignity and discipline in the class.

These traditions are not only part of the history of Taekwondo, but also help to make it a special activity that retains its excitement for years. The bowing you see in class, for example may not have much meaning on its own, but this Oriental greeting adds special meaning to respect in the dojang.

A great example of tradition and discipline that you are probably already familiar with is the Boy Scouts. Their oath and salute would surely stand out if reviewed separately, but together they enhance the total program and give order that allows the students to learn more in a shorter period of time.



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Learning the Techniques

Taekwondo incorporates a variety of self-defense techniques such as kicking, blocking, striking, punching, and avoidance. Many of the techniques, such as the spinning and jumping kicks, have no counter part in other martial arts and are unique to Taekwondo. After watching a class it's easy to see why Taekwondo is often referred to as the most athletic of the martial arts.

Athletic ability increases the longer the student takes lessons. As it does, the player's overall coordination continues to grow, as does their ability to defend themselves. What begins as an odd assortment of uncoordinated movements soon turns into knowledge of self-defense and an increased self-esteem that will last a lifetime.

Getting Started

New beginners are starting every day. All students start slowly and progresses at their own rate of speed. You begin by attending twice a week with class lasting about an hour. Don't be concerned if you are a little nervous or think the techniques look too difficult; they will be in class with other beginners just like themselves. The instructors will do everything possible to make sure this anxiety disappears as quickly as possible.

Thank you for your interest and we hope you decide to make Taekwondo a part of your learning and recreational activities.



CLASS SCHEDULE

When:

Tuesdays & Thursdays

4:30-5:30 pm	5yrs. - Adult - white (beginners) through blue belts
6:00-7:00 pm	5yrs. - Adult white (beginners) through blue belts
7:00-8:00 pm	Advanced Jrs. and Adult blue-black belts

Wednesdays *(seasonal)

6:00-6:50 pm	5yrs. – Adult All Ranks
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Thursday

5:00-5:30 pm Little Dragons Classes (3-5 yrs.)

rQuam Martial Arts Academy Manhattan MT

Mrs. Alean Skinner 406-580-7128

M-W 4:20-5:20

MONTHLY TUITION

Single member \$55.00

2 nd Family member	\$50.00.....	\$105.00
3 rd Family member	\$45.00.....	\$150.00
4 th Family member	\$40.00.....	\$190.00
5 th Family member	\$35.00.....	\$225.00
6 th Family member	\$35.00.....	\$260.00

and so on...

Little Dragons \$45.00

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