

Jess Donohue



1st Degree Blackbelt Emily Rice at the 2017 Eugene Asian Celebration

### MooDo Taekwondo and Hapkido

offers classes for people of all ages, and all skill levels. We invite you to experience a refreshing, non-combative, well rounded approach to the Martial Arts.

Call Instructor Timothy Greathouse at **541.345.4132** to try a **FREE WEEK** of introductory classes.



Team MooDo with the head referee at 2017 World Taekwondo Hanmadang, Seoul, South Korea

## Class Schedule

### Kids Classes

M - Th 4 - 5 pm

### Kids Advanced Classes

M - Th 5 - 6 pm

### Adults: M/W 6 - 7:15 pm

### Lil' Dragons Class

Th 3:15 - 4 pm

### Friday Advanced Class

4 - 5 pm

### Friday Open Floor

5 - 7 pm

### Adaptive Class\*

Tu 3:15 - 4 pm

\* We offer an adaptive/special needs program that includes basic P.E., yoga and martial art skills.

Call ahead for details and an appointment at **541.345.4132**.

MooDo Taekwondo and Hapkido is located at Core Star Center at 439 W. 2nd, Eugene, OR 97401

**MooDoTKD.com**



무도도장  
武道



# MOODO TAEKWONDO AND HAPKIDO



## What Is MooDo (Mu dō)?

The direct translation of MooDo is Martial Arts. The implied meaning is found in experiencing life through a harmonious connection between mind and body. This harmony is cultivated through the consistent practice of the Martial Arts.

The training challenges you physically, and helps you develop a higher degree of strength and self-confidence built on solid skill development, consistent practice and success as a martial artist.

As you progress, you will gain better health and awareness of yourself and your abilities that will result in higher expectations and happiness in your life.

Call us to schedule a **FREE WEEK** of introductory classes at **541.345.4132**

*7th Degree Blackbelt Timothy Greathouse at the Asian Celebration demonstration*



Brian Jones

## The Rewards of Taekwondo and Hapkido

### Physical

- Develop a healthier cardiovascular system
- Increase strength, coordination and flexibility
- Learn to defend yourself

### Mental

- Cultivate self-discipline
- Build self-respect and self-appreciation
- Gain a keen ability to make decisions with confidence
- Reduce stress

### Philosophical

- Experience a systematic approach toward self-improvement
- Learn the application and follow-through of effective principles through goal setting and achievement
- Gain cultural experience

### Developmental

- Develop a positive self-image
- Gain respect for one's parents and peers
- Enrich school and work habits
- Improve concentration for ADD, ADHD

*Mr. Greathouse receives a citation of appreciation from the Secretary General of Taekwondo Jidokwan in Seoul, S. Korea, March 2013*



## Community

We participate yearly in:

- Eugene Asian Celebration
- U.S. Open Hanmadang Tournament in Colorado Springs, CO.

We facilitate:

- The annual Oregon State Taekwondo Hanmadang
- Break-a-thon at Oakway Center Courtyard, a fundraiser to support local non-profits.

All of these events offer us opportunities to perform and contribute to our community while doing what we love!



*2017 Legacy Cup Tournament*

## Get Connected

Timothy Greathouse is the Oregon State President for the United States Taekwondo Committee. MooDo Taekwondo is registered with Kukkiwon International and Jidokwan Korea International, United Taekwondo Jidokwan Federation, and the United Hapkido Federation. All of our black belts receive official certificates and I.D. cards from the Kukkiwon and Jidokwan, S. Korea. Our Kukkiwon and Jidokwan advisor is Grandmaster Ronald Ray Suggs, 9th degree Taekwondo Jidokwan, 8th degree Kukkiwon, and 9th degree Kidohae Hapkido.