



## Reasons *Every* Adult Should Be Enrolled in Kuk Sool Won™

**Kuk Sool Helps You Lose Weight:** You can expect major changes in your body with our classes. You'll burn tons of calories, build muscle, and in general, get your metabolism kicked into high gear. Our workouts are a great way to help you shed those unwanted pounds. Additionally, you'll reshape your body. Your arms, legs, and waistline are going to become more toned . . .stick with it long enough and you may even develop those six pack abs everyone longs for!

**Improved Health:** Our Kuk Sool classes will dramatically improve your cardiovascular health. Your resting heart rate will come down and your ability to maintain an increased heart rate will increase. You'll breathe better, sleep better, and even feel an increase in energy and effectiveness all day long. You may even discover you're more resistant to colds and flu. Plus even when you do become sick, your recovery time will be better than ever.

**Positive Attitudes:** Our programs are designed to be positive and inspirational. We'll keep you motivated and thinking about progress and goals. Our staff and students area all success oriented and focused on looking for the good in all situations. You can expect to go home from class with renewed vigor and enthusiasm.

**Self-Confidence:** It's true, adults who take Kuk Sool develop better self-confidence. You'll be encouraged to take chances, to push yourself further than you ever thought possible. The success you experience through our program teaches you that you can be successful at anything if you truly believe you can. Improved confidence leads to better performance at work, a better circle of friends, better performance in sports and in extracurricular activities in general. Your improved self-confidence will help you deal with all of life's challenges with a ore positive outlook.

**Self-Defense:** Kuk Sool teaches two forms of self-defense. One is physical – you will improve yours strength, flexibility, and overall health. Additionally, you will learn to strike with tremendous power and effectiveness. Hopefully, you will never need to fight . . .but should the occasion arise, shouldn't everyone know how to protect themselves? The second form of self-defense Kuk Sool teaches in internal. Our students learn to spot danger and avoid dangerous people, places and activities. Kuk Sool can help you avoid the need for a physical confrontation. This second form of self-defense is perhaps the most valuable of the two.