

New Students:

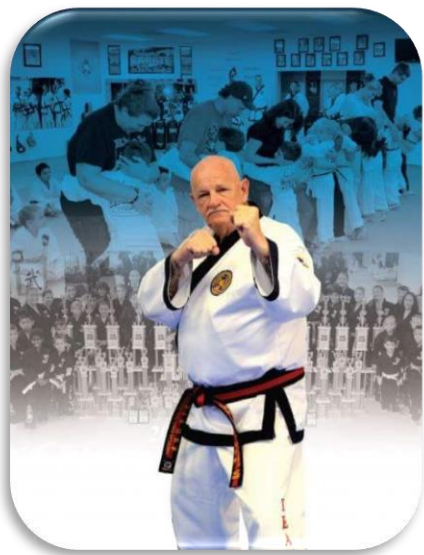
Welcome to our family of Sebastian Karate Moo Duk Kwan. You have made a very important and wise decision for your future life.

Tang Soo Do is one of the oldest martial art systems. It originated in Korea around two thousand years ago. Today, its techniques and philosophy are still taught as they were first taught in ancient times.

An oriental proverb says that a good beginning brings us halfway to our goal. Your strong and truthful commitment is of the utmost importance. Only if you begin with unswerving dedication will you succeed.

The goal of Tang Soo Do is not to promote violence. As you progress you will realize that Tang Soo Do is a way of life. It provides a way of thinking and acting which will guide you and teach you in all areas of your life, so that you will be happier, healthier and wiser.

This manual is meant to provide guidance to all beginners. It will show you the methods of our martial arts system. But remember, no matter how well this booklet is written, only hard work will be the key to your success.



Peter F. DeFosses
Grand Master
Sebastian Karate

