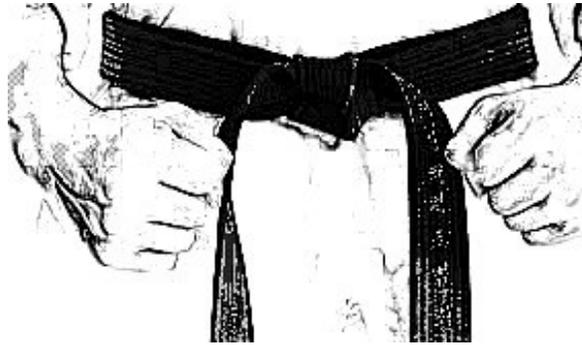


ABOUT THE INSTRUCTOR

Brother Aladin Huda started his Martial Arts Career 16 years ago at the age of 10. He was taught by Moroccan World Champion "Master" Abdul Razaq Jaghloul who was taught by Korean "Masters" that migrated to different parts of the world to share their art, skill, and trade of Taekwondo. Upon winning many championships both at the State and National level, Brother Ala trained diligently and acquired his 1st black belt at the age of 16. At this time, Brother Ala was individually selected by his Instructor to teach classes in his absence. Since he was the age of 18, Brother Ala has successfully taught hundreds of students independently. He has also been an Educator and School Teacher for 5 years. In 2014, Brother Ala has officially become a World Certified "Master", acquiring his 4th Dan Black Belt from *Kukkiwon* which is the Taekwondo Headquarters and Most Prestigious Association in the World for Taekwondo Certification located in Seoul, Korea. Now, his organization *Martial Arts Mecca* is registered with *Kukkiwon* and Br. Ala can independently authorize any of his students to become *World Certified Black Belts* upon meeting the requirements. Aside from the many benefits of Martial Arts Training, Br. Ala emphasizes to his students the great importance of Islam.

EXPERIENCE & CREDENTIALS



- 4th Degree World Certified Taekwondo Black Belt Master No. 05219280 Seoul, Korea
- Multi-State & National Champion/Competitor
- 16 Years Martial Arts Training Experience
- 10 Years Martial Arts Teaching Experience
- 4 Years Physical Education/Health Teacher
- 4 Years Summer Camp Leader
- Taught hundreds of students to this day
- New extensive curriculum offered which will lead to Authentic Black Belt World Certification

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MARTIAL ARTS ACADEMY



- *REVISED CURRICULUM*
- *TAEKWONDO*
- *KICKBOXING*
- *SELF-DEFENSE*
- *PHYSICAL FITNESS*
- *CONFIDENCE BUILDING*
- *CHARACTER BUILDING*
- *SELF-CONTROL*
- *ISLAMIC CHARACTER*
- *DISCIPLINE*
- *BLACK BELT CERTIFICATION*



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1. CONDITIONING



The first category of training is “conditioning” (or exercise). The purpose of this category is to make sure the students are physically able to meet the demands of the curriculum working towards the Black Belt. Conditioning encompasses 4 very important categories. They are; strength-building, endurance, flexibility, and balance. Strength-building exercises are work outs that build the student’s core striking power. The entire body is strengthened with great emphasis on legs and arms for kicking and punching. Endurance has two parts which are essentially muscular endurance and cardio-respiratory endurance. Flexibility works towards the goal of full split in order to enhance swiftness, agility and higher kicks. Finally, the category of balance emphasizes great posture, stability, and resilience.

2. TRADITIONAL TAEKWONDO



The Second category of training is Traditional Taekwondo. This central section is the most influential because it is the foundation of the program. Traditional Taekwondo began many centuries ago in Korea and was influenced by Japanese and Chinese Martial Arts. Taekwondo, like Shotokan Karate and other styles of Karate, have forms which are a sequence of movements through patterns of blocking and striking. Forms are done to sharpen blocks and strikes and to enhance the natural reflexes for self-defense. Also similar to Kung Fu and Chinese Martial Arts, Taekwondo has high impact and acrobatic kicks. The purpose of this category is to establish discipline, skill, thorough knowledge, and to solidify the students as complete Martial Artists. Furthermore, student’s must know certain kicks, movements, and forms to meet the requirements to advance to the next belt level.

3. SPARRING



This final category of “sparring” is when we combine the physical ability acquired with category one and the skills learned in category two to make a successful fighter. Student’s will have protective geared-controlled sparring with each other to work on real life fighting skills. This is to establish skill for self-defense and the confidence needed to stand up to an attacker. This category fuses the dynamic kicking of Taekwondo with boxing style punches. These three categories are a perfect delicate blend of thorough training to construct skillful Martial Artists.

**For More
Information,
Registration,
& Schedules
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