



U.S. Tae Kwon Do



Adult's healthy corrective movement training

Breathing control

- Six sound breathing
- Nose breathing

Brain activation exercises

Neck and shoulder stretch

Blood circulation

- Capillary movement
- Calf exercise

Kegel exercise

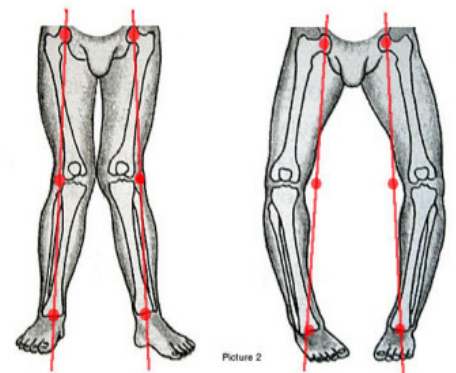
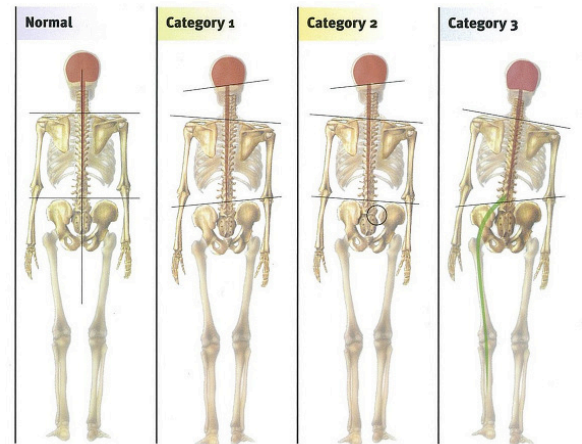
Visceral fat decomposition exercise

Pelvic correction movement

Body imbalanced correction movement

Legs correction movement

Standing exercises



Monday.Wednesday.Friday7:45 PM~ 8:35 PM

Bring a Friend & Sign-up Today!