

Tang Soo Do

- Through Tang Soo Do Meditation we achieve a more balanced mental and physical and spiritual state that is more receptive to learning, about our art and ourselves.
- Through rigorous mental and physical discipline we learn to humble ourselves to the learning process and understand this defensive martial art of Tang Soo Do.
- Through the learning of Tang Soo Do we address the challenges of life be as it may the pressures of school, stress at work, health disorders, social anxiety, growing pains, complexities of ageing...

Chi Kung

- This practice will calm the Mind with the Stillness of the Body and Spirit.
- You will learn Multiple patterns of practice: Sitting, Standing, Laying etc. and this will teach students to take care of their own health.
- Chi Kung training will translate the ancient healing techniques for use in modern life and this learning process will educate the student about the nature of Chi in the universe and its relationship to the individual.

Yoga

- The Practice of Yoga gives to the practitioner the combined wisdom of an ancient System of Physical and Mental Discipline.
- A Series of Postures and Breathing Exercises that lead to Tranquility and Good Health.
- Studies have shown that it can relieve the symptoms of several common and potentially life-threatening illnesses, such as arthritis, chronic fatigue, diabetes, asthma and obesity. Many believe it even fends off the ravages of old age.

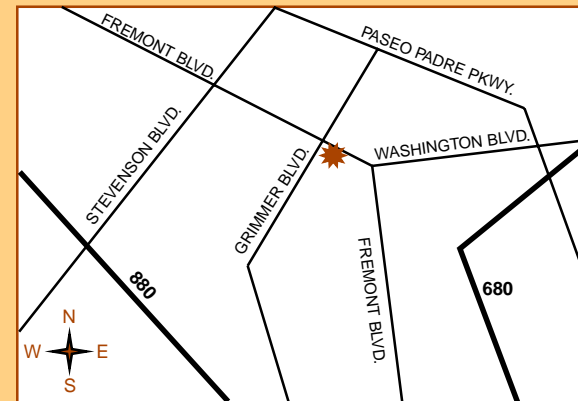
The Healing Arts Center: Benefits For All Ages

- Learning either one or all of the afore-mentioned arts develops self-discipline and can enhance physical and mental health.
- The discipline that Tang Soo Do offers is good for developing coordination and it helps improve concentration and memory. This is invaluable to children in school and helps with remarkable improvements in their grades.
- Regular practice can enable young people to keep their natural flexibility for many years.
- It can help teenagers to keep their youthful flexibility and give them the inner strength to say "NO" to negative influences.
- Older people often find that gentle Yoga exercises allow them to retain mobility and may relieve problems such as arthritis and poor circulation.
- During pregnancy, yoga promotes good health in both mother and unborn child. Yoga asanas/postures lessen the effects of such problems as being overweight, suffering from backache, and depression. The essence of Yoga is perfectly suited to this time of expanded self-awareness. Pregnancy is also a very good time for meditation.
- Everyone can benefit from following a regular Chi Kung routine, as it counteracts many of the problems suffered in modern life. The patterns practiced release the physical tensions caused by hours of sitting, deep breathing gives vitality by increasing the supply of oxygen to the brain and meditation enhances the powers of concentration.
- Chi Kung and Yoga improve strength and flexibility in the mind as well as the body, and aid relaxation.
- These arts can enable one to relax fully, and promote sound sleep; it also improves digestion and stimulates circulation.
- These arts free the practitioner both physically and mentally often heightening intuition and creativity.

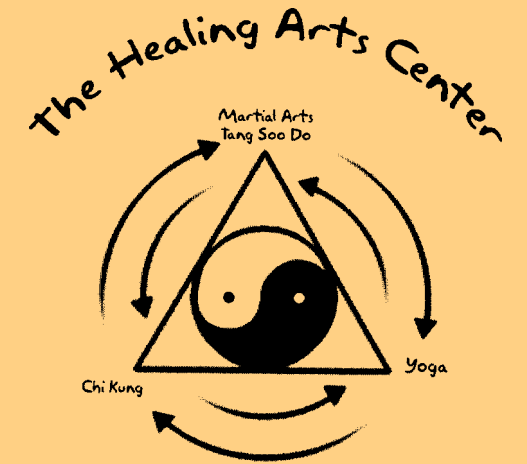


CLASS SCHEDULE The First Tang Soo Do of Fremont				
MON	TUE	WED	THU	FRI
10:00 11:30 A.M.		10:00 11:30 A.M.		10:00 11:30 A.M.
4:00 5:30 P.M.		4:00 5:30 P.M.		4:00 5:30 P.M.
6:00 7:30 P.M.	YOGA 7:00 8:30 P.M.	6:00 7:30 P.M.	YOGA 7:00 8:30 P.M.	6:00 7:30 P.M.
8:00 9:30 P.M.		8:00 9:30 P.M.		8:00 9:30 P.M.

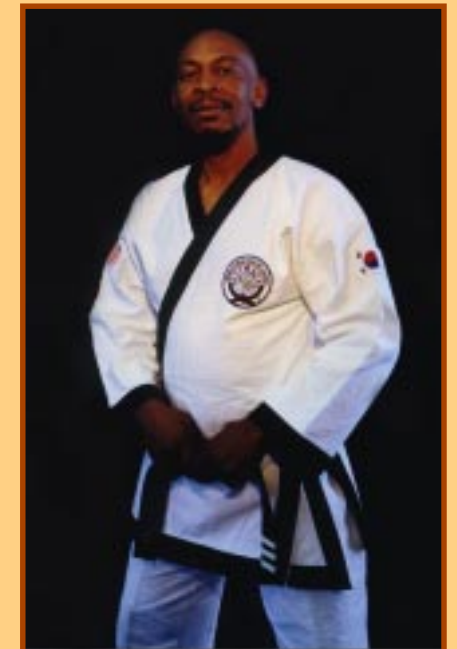
40571 Fremont Blvd., Fremont, CA 94538
 (510) 226-0520
www.fremonttangsoodo.com
 e-mail: firsttsd@aol.com



Credit the efforts of Vandana Rao
for the composition of this brochure.



Fremont, California



Mr. David Bell
Founder Since 1991

The Healing Arts Center

Fremont, California

F I R S T



**TANG SOO DO
OF FREMONT**

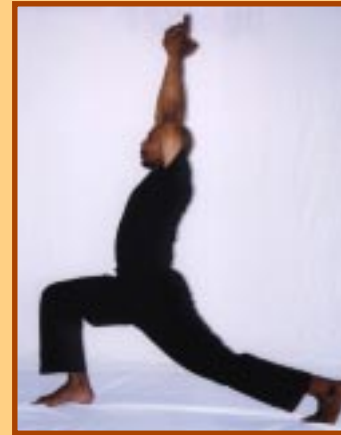
Mr. David Bell Jr. founded The Healing Arts Center in 1991 as "The First Tang Soo Do of Fremont". The basic philosophy underlying the success of the school has been its Three Fold Approach towards a better life. The belief that a balance between the three element of the Mind, the Body and Spirit is the key to finding lasting solutions to the everyday problems we call "life". The objectives of the school have always been to look at situations with a 'macro' approach, rather than through a microscope and to provide a holistic answer to the questions we ask.

Mr. David Bell has Nearly three decades of training in Tang Soo Do and is now a Certified Black Belt Instructor with the World Tang Soo Do Association. He has through many years of experience, both during his own training and teaching found that the answers to most of our everyday problems can be addressed through a systematic and disciplined approach towards training the mind, body and spirit. The Healing Arts Center is a coming together of three different but not dissimilar ways of life. Tang Soo Do, Chi Kung and Yoga. Common stereotypes may lead us to believe that one discipline is more physical or spiritual than the other. What is infact true is that they are almost inter-disciplinary arts that can be learned by children and adults alike.

Tang Soo Do

Tang Soo Do is considered to be among the Finest Fighting Art Systems in the World Today. Highly recognized for its Traditionalism of Discipline and the thoroughness of the Mind, Body and Spirit Concept this ancient Korean fighting art has a rich 2000-year history. And what has preserved the precision of this art is the discipline with which it has been studied and taught and handed down for generations. Nearly three Decades training in this Art System with the approach to a More Balanced Person, Mr. Bell refers to it as the Whole Person Concept!

From the beginning, the very basic stances are described with a strong sense of balance. The spine must remain erect, even when moving; the head is to be held as if suspended from a string. The thought of the body's energy (Chi) is stored in the abdomen (Dan Tien) will manifest itself throughout the training. Relaxed clear awareness of the abdomen, the energy can be activated; when the base of the spine is erect, it will rise to the top of the head.



Yoga

Throughout the practice of Tang Soo Do, Stretching has been significant in preparing the Body for training. Mr. Bell has during his many years of training learned various stretching related techniques from different masters. He has found that the discipline of Yoga has multi-fold advantages and has therefore incorporated this system into his own. Yoga is designed to enable people to begin from their immediate, present state of consciousness and move forward, day by day, into a state of wholeness, well being, and enlightenment. Even the beginner student can shed much physical tension, mental and emotional turbulence, and prepare for a more balanced state of existence. Yoga, which is an ancient Indian discipline is of timeless proportion and has both preventive and therapeutic benefits.



Chi Kung

Chi Kung is an ancient 3,000-year-old healing technique. This discipline trains the mind to direct the body's life force, called "Chi", to prevent or cure disease and achieve mental and spiritual balance. It is one of the oldest forms of alternative healing. Through a series of physical movements and meditation you can learn how to develop your own internal healing energy. Chi Kung is rapidly gaining in popularity and is being practiced world over as it is now universally recognized that both disease and stress can be alleviated through a calm and peaceful mind. While cultivating this healing art you can improve your health substantially. Chi Kung has been one of China's best-kept secrets for thousands of years. It is worth the time and effort to learn about this self-healing technique, that promotes health, mental clarity and longevity.

In the Mid 90's Mr. Bell was recognized by one of China's most respected World Renowned Chi Kung Master, as possessing a strong field of Chi (energy). He now is a member of the Master Zhao Alumnus Institute, Inc. where he trained to calm and soften his energy, Emit it to others for Healing Purposes. Mr. Bell offers Chi Kung classes at the Center for students to learn to Rejuvenate Life's Energy!

