



Welcome

What is Tae Kwon Do?

Tae Kwon Do is a form of martial arts that originated in Korea. Tae Kwon Do means the way of hand and foot. Traditional Tae Kwon Do focuses the majority of its training in developing a strong kicking ability.

As a modern form of Tae Kwon Do, IMT has developed in other areas to give our students a well-rounded, practical form of self-defence, while keeping the traditional values of the original art. Some of the main areas that we have modernised are using a more practical, western style fighting position, developing the use of strong punching and the use of the hips as an added source of strength and power.

As your training progresses, you will begin to learn more about ground fighting and weapon defence. This makes IMT one of the most exciting and unique forms of Tae Kwon Do found in Australia.

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Who is The Institute of Modern Tae Kwon Do?

Our organisation was founded in 1995 out of a desire and a necessity for a modern and practical martial art in Australia and is well established throughout South East Queensland.

We are always refining and upgrading our style. This gives our students the best possible training to achieve their goals and continue their training beyond Black Belt. There are 10 grades leading up to Black Belt and on average, a Black Belt takes a student between 4 and 5 years to obtain. To assist with this accomplishment, we offer many additional events throughout the training year. We hold additional Saturday training sessions every month as well as a three inter-club tournament per year.

The highlights of the training year include training camps. These are a full weekend of training and fun, designed for the whole family. Tae Kwon Do is a fantastic martial art for people of all ages. It will help you develop in areas such as fitness, flexibility, personal defence, confidence, discipline and most importantly, it is a fun activity that everyone can enjoy!

The Institute of Modern Tae Kwon Do has a motto that describes our attitude to martial arts: **Striving for Perfection.**

More information about the history of IMT, Tae Kwon Do and full details of our clubs and instructors can be found on the club website at <http://www.moderntkd.com>

We hope that your training with us will inspire and motivate you to always Strive for Perfection and we all wish you the best on this journey you have begun.

Mr. Peter Cameron
6th Degree Black Belt
Chief Instructor Queensland