



# Welcome to Master Kang's Martial Arts!

Everything you need to know before your very first class.

We proudly offer premier Taekwondo training designed to develop students both physically and mentally. Our program is built on three core pillars: **Focus, Confidence, and Respect.**

Starting martial arts can feel both exciting and a little nerve-wracking—for kids and adults alike. But don't worry—no one is born a black belt. Every student progresses step by step, and that's exactly what makes the journey so rewarding.

At MKMA, our experienced instructors and masters are dedicated to guiding you every step of the way, making your learning experience simple, supportive, and enjoyable. Curious about your first class? Watch our [YouTube video](#) to get a sneak peek of what to expect!

## Feeling Nervous?

That's Normal! Most beginners feel a little unsure on their first day. That's completely okay. Our classes are designed to help you learn at your own pace in a supportive environment.

**Tip: Arrive a few minutes early to meet the instructor and get comfortable with the space before**

**class starts.**

## What to Wear

1. Athletic shorts/pants and t shirts or comfortable loose clothing to help you move freely.
2. No shoes allowed on the mat. Training is done barefoot.
3. Uniforms will be provided after enrollment.

## Basic Etiquette

1. **Bow** when stepping on or off the mat — it's a sign of respect.
2. Show respect to masters, instructors, and fellow students.
3. Listen carefully and stay focused during instruction.

## What Happens in the Class

1. **Warm-up** — light stretching and movement to get your body ready.
2. **Basic techniques** — kicks, and punches.
3. **Drills or partner work** — practicing what you've learned.

4. **Character development** – every class reinforces Respect, Focus, Confidence, and Discipline.

## **Safety First- Always**

1. Classes are supervised by Masters & trained Instructors.
2. Techniques are taught step-by-step
3. Safety rules are always enforced.

## **What Happens Next?**

1. Receive feedback from your Master/Instructor.
2. Reflect on how you felt during class
2. Learn about class options and [programs](#)
3. Discover what aligns with your goals and interests
4. [Get started](#) with your martial arts journey!