

Other Richmond Area Association
Schools and Contacts

HANOVER

Atlee Recreation Center
Sensei Ronald Proffitt,
Regional Director
Phone: (804) 730-7039

NORTH SIDE

J. Sargeant Reynolds C.C.
Sensei Ronald Proffitt,
Regional Director
Phone: (804) 730-7039

GOOCHLAND

Goochland Parks & Recreation
Senseis Mark & Debbie Wilds
Phone: (804) 556-6412

for more information call
(804) 740-CHOP
email: info@silkisondan.com
www.silkisondan.com



I shall **DEDICATE** myself to Karate.
I shall **MASTER** the basics, patterns, and sparring in order to build the true strength of harmony.
I shall **STUDY** and practice Karate to build character, intelligence, control, and discipline through a strong mind and body.
I shall **RESPECT** the instructor, seniors, friends, and other martial artists.
I shall **OBEY** the rules and regulations of the school.
I shall **EARN** my rank and respect while always being truthful to my ability.

A white belt is a new beginner
A black belt is a better beginner
A master is a perfect beginner

Silkisondan Karate
of Richmond, L.L.C.

Building Body, Mind and Spirit
Traditional Karate training in a safe, positive and non-competitive environment

We emphasize:

Fitness

Self-Esteem

Self-Control

Self-Defense

Self-Discipline

Self-Confidence

Determination

Mental Toughness

Resistance to Peer Pressure

Focus

Harmony

Respect

Instructor: Brian Kennedy

(804) 740-CHOP
2540 Gayton Centre Drive
Richmond, VA 23238

Visitors are **ALWAYS** welcome!

Silkisondan Karate and our Founder

In the 1950s General Choi Hong Hi established Tae Kwan Do as the official Karate system of Korea by organizing the various Korean Karate schools (or Kwan) into one unified organization. This was the birth of the International Tae Kwan Do Federation (ITF). General Choi wanted to share Tae Kwan Do with the world, and one of the first countries to which he sent a delegation was Vietnam. The school he established, in what was then Saigon, is where Master Think T. Nguyen, our founder, received his training.

Master Think holds a 7th degree Black Belt and is internationally recognized in the martial arts world.

When Master Think came to the United States he established the Silkisondan (Vietnamese) system, which is based on the original style of Tae Kwan Do, the ITF system. Having additional high rankings in Judo, Kung Fu and Kyokushin Karate, Master Think incorporated techniques from each of these martial arts into the system called Silkisondan.

Guiding Principles

Emphasis on safe and long-term physical training with lifetime health benefits

Dedication to teaching martial arts as a system for complete self-improvement

Commitment to developing each student's potential

Focus on traditional, long-term martial arts training rather than short-term gain

All of our Black Belts and Instructors have been personally trained and certified by Master Think

Training Programs

A variety of programs are available, including:

Lil' Dragons: A program for 4-7 year olds emphasizing life skills, child safety, coordination and fun.

Karate Kids: For ages 8-12, this program is part of our core Karate training combining all elements of traditional martial arts.

Family Karate: Family Karate is an opportunity for all students, regardless of age or rank, to train together. It gives students an opportunity to work with a variety of skill levels.

Tai Chi: Tai Chi is a soft, internal Chinese martial art now primarily taught for health. Participants will improve balance and flexibility, lower blood pressure and learn to relax while generating power.

Brazilian Jiu Jitsu: A grappling system that utilizes chokes, joint locks, and ground compliance techniques to control an opponent.