



**“Redefine  
yourself and  
discover what  
is possible.”**

— Grandmaster Jang

We all hold certain beliefs about ourselves and our capabilities. These beliefs are like maps that can guide us toward our goals and empower us to take action. However, some of our beliefs actually limit us, and they ultimately prevent us from discovering our true potential. To break the shackles of our limiting beliefs, we must take on the challenge of redefining ourselves. When we begin to redefine ourselves, we often discover strengths and abilities that we never knew existed!

Martial arts is a path to redefining yourself and seizing control of your life. You don't need to be a certain age, or have certain body type, or be an elite athlete. Martial arts are for everyone. There are no prerequisites for discovering your potential!

At Jang's Martial Arts, we welcome all students who are willing to learn. You are never too old or too young to try something new. We offer the instruction and support to help you unleash your potential. Start redefining yourself today!

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**Grandmaster Jang** has dedicated her life to studying and practicing martial arts. Born in Seoul, South Korea, she fell in love with Tae Kwon Do when she was just 9 years old. She earned her first Degree Black Belt in Tae Kwon Do at the age of 14. She then began studying Hapkido and discovered that this specific martial art was her true passion.

In 1989, she began studying Hapkido at one of the world’s foremost martial arts schools, Yong-In University. She then began competing in the I-Jung Kyuk Too Ki (All-Asia Korean Kickboxing) competition. She would ultimately become champion and compiled a record of 43 wins and 2 losses. After retiring from professional competitions, Master Jang returned to Jong-In University and graduated with a major in Hapkido, and minors in Tae Kwon Do, Judo, Korean wrestling, and boxing. She was also a member of the prestigious Korean Pro-Hapkido Demonstration Team.

In 1995, Grandmaster Jang moved to the U.S. and taught at Hyun’s Hapkido School on Chicago’s North Side. She left to open her own school in 2004. Her martial arts skills and movements have been featured in several video games, including Mortal Kombat: Deadly Alliance and RedCard 20-03.

Grandmaster Jang has a passion for teaching martial arts, and she loves to witness her students evolve and succeed. She is married with two sons and lives in Elmwood Park, Illinois.

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# HAPKIDO



**Grandmaster Jang** - 7<sup>th</sup> Degree Hapkido Black Belt

The word *Hapkido* translates to “the way of coordinated power.” This Korean martial art is a practical form of self-defense that includes both hard and soft techniques. Hapkido includes a variety of strikes, kicks, joint locks, throws, and weapons to subdue an attacker.

Hapkido combines elements of other martial arts to create a diverse, practical form of self-defense. It follows circular movements to follow the natural movements of the human body. Regardless of your age or level of fitness, Hapkido can teach you how to defend yourself and carry yourself with confidence. If you have ever been interested in martial arts, we encourage you to come learn this dynamic art from a world-class instructor in a non-intimidating environment.

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– Grandmaster Mi Jung Jang

## Benefits of Martial Arts Training

\*Enhanced Mental Focus

\*Improved Physical Fitness

\*Greater Flexibility

\*Increased Confidence

