

# MARTIAL ARTS

## AIKIDO



**Aikido** (合気道 *aikidō*), is a Japanese martial art developed by Morihei Ueshiba as a synthesis of his martial studies, philosophy, and religious beliefs. Aikido is often translated as "the Way of unifying (with) life energy" or as "the Way of harmonious spirit." Ueshiba's goal was to create an art practitioners could use to defend themselves while also protecting their attacker from injury.

Aikido has been used in numerous Hollywood action movies such as *On Deadly Ground*, *Under Siege 2: Dark Territory*, *Fire Down Below*, *Glimmer Man*.

**RM 80 per month**

## TAEKWONDO

**Style**  
Fitness  
Self Defence  
**Respect**



**Taekwondo** is a martial art and combat sport originating in Korea. Taekwondo is the national sport of South Korea and sparring, *kyeorugi*, is an Olympic sporting event. In Korean, derived from *hanja*, *tae* (跆拳道) means to destroy with the feet; *kwon* (拳) means to strike or smash with the hand; and *do* (道) means "path", "way" or "method".

Taekwondo's popularity has resulted in the divergent evolution of the martial art. As with many other martial arts, taekwondo is a combination of combat technique, self-defense, sport, exercise, entertainment, and philosophy.

**RM 80 per month**

Aikido Instructor



**Sensei Sonny Loke**  
6<sup>th</sup> Dan Black Belt with official certification from Honbu Dojo, JAPAN (HQ), Over 30 years practicing Aikido and 15 years of teaching.

Taekwondo Instructor



**Master Michael Liew**  
7<sup>th</sup> Dan Taekwondo Master, Vice-President of World Taekwondo Instructor Academy (WITA), Official certification from KOREA