



GET GOOD, GET BETTER, BE THE BEST !



About Academy

At our Academy nothing is impossible. We care about our students and staff and we provide a supportive environment for learning and personal growth. We have a wide Fully illuminated with Lights & Taekwondo Mats along with a beautiful garden also available for Stamina, Endurance building exercises. To Train in the Highest Quality Martial Arts Program Available. To Focus On Personal Development in a Positive Environment. To Offer Programs Accessible & Enjoyable by People of Any Age. We are providing good environment to our student for better learning. Our Academy have a Taekwondo Mats for Maximum Safety. Climate-Controlled Training Room & Waiting Area. Open Seating for Parents & Spectators. Complimentary Wi-Fi Changing Rooms for All Members. Equipped for Special Events Such as Workshops, Parties & Seminars.





About Director B S Handa

I was a weak child, uncourageous and not worthy for anything. Children used to make fool of me. I used to fell ill nearly 8 to 9 months in a year because of acute asthmatic and i used to survive on penicillin injections. Now after spending 45 years in learning and teaching different martial arts, i won four Gold medals and represented India in 8th Asian Taekwondo Championship and my students have bagged 156 Medals, out of which were 87 Gold, 39 Silver and 30 Bronze medals and is still on. I took martial arts as profession because i thought i may possibly save a life by teaching as many people as possible to protect themselves and giving people a sense of power in their lives by helping them develop their physical and mental potential through Fitness and Self-Defence.

Mission & Vision



Mission

Our Mission is to help you improve yourself using the martial arts as the vehicle for personal growth and development. Our Vision is to provide Sarasota and the surrounding area with top of the line martial arts training with great service, from top organizations with instructors who are constantly working on being better martial artists and instructors.



Vision

Extreme Martial Arts brings the most positive values of martial arts by transforming theory into practice. Our academy is a place where students get the best of both worlds – philosophy of traditional martial arts and effectiveness of MMA. We bring out the best in people, activate their resources and help them fulfill their potential.

Our Programs

- FITNESS PROGRAM
- SELF DEFENSE
- MIX MARTIAL ARTS
- WEAPON DEMONSTRATION
- MEDITATION & LIFE
- MANAGEMENT SKILLS



Key Areas of Training



Self-Discipline : Key to early child development is self-discipline. Self-discipline helps shape childhood behavior. We encourage our students to focus on the drills and tasks at hand. From that, your child will learn personal responsibility and self-control.

Stranger Awareness : Kids at this age are, by nature, very impulsive and eager. That's why it is important for your child to know what to do when approached by a stranger. Our lessons incorporate stranger awareness, also colloquially called "stranger danger".

Focus and Concentration : Extreme martial art participants in striking, kicking, speed, and agility drills. Focus and concentration are essential pillars of child development. This will help your child become more disciplined.

Balance and Coordination : A major part of our curriculum are symmetrical movement exercises. These exercises focus on left- and right-side motion. These activities help these young students develop balance and coordination. Good balance and strong coordination at an early age .

Why we are different ?

Extreme Martial Arts aims to provide a world-class training experience to all of our students. Many of you might be considering us for your first martial arts training experience. Others may already have had extensive martial arts training whether it is takewondo or other disciplines. Whatever your background may be, **Extreme Martial Arts** the team invites you to join the finest martial arts organization in the world. **Extreme Martial Arts** aims to provide a world-class training experience to all of our students. Many of you might be considering us for your first martial arts training experience.



Incredible Programs



Life-Changing



Great Atmosphere

Why Martial art is important ?

Self-Defense : The most obvious reason why you should learn martial arts is that it teaches you how to defend yourself. It is undeniable that there is violence in the world. It is important to be prepared for such occurrences and the crux of training is to learn fighting skills.

Physical Fitness and Healthy Living : It is important for children to understand the importance of being healthy and physically fit at an early age. Being physically fit is a necessity for any martial artist but more important.

Confidence : you begin to develop confidence in yourself and your capabilities. You walk taller with your head up, You learn that you can endure, that you can apply real self-defense techniques, and that you are capable and strong.

Self-Esteem and Confidence Building : Our Youth Program improves a children's self esteem through consistent positive verbal reinforcement and our Life Skill Stripe reward system. they are building self-esteem and learning to feel good about themselves.



Recent Seminars

8th March 2018: International Women's Day Was Celebrated At AISIN Automotive Haryana Pvt. Ltd., Rohtak By Conducting A Self Defence Seminar-Cum-Workshop And Aware Them How To Use Common Things Like Pen, Pencil, Specks, Keys, Comb And Body Parts As Weapons. Nearly 50 Plus Girl Employees Attended The Camp.



A Self Defence Seminar and Workshop is in progress at Lovely Professional University conducted by Physical Education Department and still in progress. The Self Defence camp was started on 8th Feb and will end by 13th Feb. Following are some of the glimpse of the workshop:



Achievements



Black Belt 6th Dan (World Taekwondo Headquarters, Kukkiwon, South Korea)

Olympic Solidarity Course in Fencing through International Olympic Committee (1996)

National Referee (Under Taekwondo Federation of India – 14 Years Experience)

1st Person to introduce Taekwondo in Northern India (1984)

Founder of Chandigarh Taekwondo Association (1986)

Founder of Punjab Taekwondo Association (1987)

Three times National Champion (1996, Jan-1998,

Dec-1998) and represented India in 8th Asian Taekwondo Championship (1988).

Outstanding Young Person Awardee, 89

Extreme Martial Arts



Call us:

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THANK YOU!

