

Elite Eagle Taekwondo Self-defense & Weight Control Boot Camp

contact us!!

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Our program combines martial arts with self-defense instruction. We teach self-defense skills effective against "bullies" and "strangers" and a full range of marital arts and self-defense techniques necessary for ranking purposes from White Belt to Black Belt.

You will learn to trust your awareness, assess situations rapidly, and act on your own behalf. With guidance from certified instructors, you will learn to recognize and respond to threatening behavior with strong, assertive body language and verbal self-defense skills. Role-plays and pad drills give you the opportunity to strike with full power, speed, and commitment.

If your goal is to improve your fitness or lose weight, martial arts can do so quickly and effectively. Our program incorporates high intensity exercises and drills that improve cardiovascular fitness and endurance, increase muscle strength, and improve flexibility to ensure a higher level of overall fitness.