

SACRED MARTIAL ARTS

➤ recognizes the positive impacts brought about by the practices of martial arts for the body, mind, and spirit well being in harmony with self, nature and universe;

➤ is affiliated to Hiep-Tinh Mon (HTM) – World Martial Arts created by Grand Master Quoc Dung which combines all the world strategic fighting techniques

➤ Adopts the HTM – World Martial Arts octagon seal that symbolizes the best philosophies and techniques of eight major martial arts: Kung Fu, Karate, Tea Kwon Do, Kickboxing, Ju-Jitsu, and Aikido; while wisely integrating other forms in order to spur a unique style so that the individual practitioner becomes a well rounded martial artist;

➤ Offers, as part of the HTM – World Martial Art, internal and external force training including breathing exercise for longevity, curing illness, while increasing general health and well being;

➤ Introduces fighting techniques using elbows and knees from Vietnamese, as well as Thailand kickboxing, and throwing and grappling techniques from Ju-Jitsu and Judo, joint locks from Daito Ryu Aiki jutsu

➤ Grand Master Andy R. has over 30 years of practices. He started as an Aiki Do martial artist at a very young age. In 2005, he intensifies his training under The Living Legends Grand Master Quoc Dung to become an HTM – World Martial Artist. In 2013, he received the Legends of Martial Arts Hall of Fame Awards “Grand Master of the Year” from Master Cynthia Rothrock and Master Eric Kovaleski. He is 6th Dan in Hiep Tinh Mon – Mixed Martial Art.



➤ Harrison R. – instructor, 2013, award winner Legends of the Martial Arts Hall of Fame - Instructor of the year in Jiu-Jitsu – World Marital Arts from Master Cynthia Rothrock and Master Eric Kovaleski.

➤ Andersen R. started as Tea Kwon Do practitioner, then expands to practice Hiep Tinh Mon- World Martial Arts; to receive his black belt in 2012. In 2013, he was awarded the Legends of the Martial Arts Hall of Fame Instructor of the year in Hiep Tinh Mon - World Martial Art from Master Cynthia Rothrock and Master Eric Kovaleski.

Objectives for Kids:

➤ Self confidence, increased focus, coordination, agility and flexibility, Self –defense

Objectives for Teens :

➤ In addition to the above, power, sparring, close combat, courage.



Objectives for ladies:

➤ Self confidence, self –defense and readiness to face life challenges and odd situations; coordination, power, flexibility, good shape, cardio kick boxing;

➤ applied techniques to defend against front a and back assaults (strangulation, bear hug, knives, punches...); the stances, working punches, basic kicks, elbows and knees

Objectives for adults

➤ self confidence, increased focus; coordination, accuracy; agility and flexibility, power; sparring, close combat, courage; healthy body and good shape

Beginner practitioner will learn:

stances, working punches, basic kicks, elbows and knees, building core, cardio, how to fall: back, side and front falls, back fall, side fall, front fall
They learn to acquire coordination and speed by practicing the form.

Advanced practitioner will learn:

Reinforce the stances, advanced fighting styles, power kicks, quick punches, elbows and knees combinations, elbows form.

Sacred Martial Arts

Offers quality martial arts instruction and training, to children, teens, adults with special program for ladies. Classes are tailored with varied styles to suit individual abilities, needs and objectives.

Master and instructors stand to assist you achieve your goals; self-defense; health and body sculpting, vitality and weight control, tournament, competition of character building;

Grand Master Andy R. 2013 Legends of Martial Arts, Hall of Fame Awards winner – Grand Master of the Year;
6th Dan in Hiep Tinh Mon – World Martial Arts;
6th Dan in Daito Ryu Aiki-judo--jutsu
4th Dan in Aikido

Instructor Harrison R. Black belt second degree -
2013 Legends of Martial Arts Hall of Fame Awards winner – Instructor of the Year;

Instructor Andersen R. Black second degree
2013 Legends of Martial Arts Hall of Fame Awards winner – Instructor of the Year;

Langley Park Community Center

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*For the body's, mind's and spirit's
Well being*