

Professional Self-defense seminar was held at Apple Athletic Club

Over 30 people attended this event, first of its kind in Idaho Falls. *Master Hebard 5th Degree Black-belt Instructor of Kim's Taekwon-Do School put on a strategic plan to teach that no matter which martial art system you're in, all systems work very well- it's how you train that makes the difference.* He believes that a **traditional martial art creates the foundation** necessary in order for you to learn what works. Sometimes the simplest movement is the best technique taught at the beginning of any Martial Art. However, if you don't use the tools they become rusty & stored in your head and you forget about the techniques when you need them most. Even the simplest movement can make a big difference in a life and death situation.

The longer you train no matter what system of Martial Arts, students forget the beginning techniques which are the foundation of advanced techniques. Most Students look at the *surface value* of the *techniques meaning* (Make a fist! Ask yourself: what else does the fist do?) If you just see the fist and it only strikes a target, then you only see surface value of the fist. Are you stumped with this simple question? Then you still have a lot to learn. If you hold any rank or level pending your martial art; The moment you stop learning from any level of techniques, students have already become bored with what they are doing and their advancement opportunity is very limited. They will generally seek another martial art thinking they need more advancement from somewhere else. The same rules apply to a black belt. This is the American way of thinking; either quick advancement (or) how fast can i get my black-belt. *However, does this mean you can defend yourself in a self-defense situation?*

Fighting is always the very last resort of any conflict no matter what the case is. Being tough and beating someone up even if you don't start the conflict results in all cases with the LAW! Physical self defense is the last and worst option for anyone to choose. It is extremely dangerous (**Remember, legally justifiable self defense means you're dealing with a person who is immediately intent on doing you great bodily harm or killing you. This is no joke.**) It could get you killed, hurt, put in jail, and/or sued. Awareness and prevention are far more important, and much more likely to save your life. It will keep you safe **99%** of the time, *both from a physical attack and the repercussions of physical self defense.*

Master Hebard arranged for 2 outstanding Martial artists from around the world to assist with his seminar. One from Germany (Anthony Von Sager). His instructor was Geert Lemmens Famous martial artists in Europe; the other from Tacoma, Washington (Grandmaster Robert Edwards) whose instructor Steve Armstrong was the Pioneer of Isshinryu Karate in the Western United States.

Master Hebard 5th Degree Black-belt Traditional Kim's Taekwon-do was raised in Pocatello, Idaho. He began his training in Kim's Taekwon Do April of 1990 under Great Grandmaster Hong Sik Kim. Achieving his first degree black belt in September 1993, he began teaching for the Community Education in School District 25. He also taught martial arts classes for the Pocatello High School Physical Education program 3 years in a row, until he moved to Sacramento, CA in July of 2000, where he opened another Kim's Taekwon Do School. In 2006 he was on the Korean Demo Team that Great Grandmaster Kim hosts in his native country Seoul Korea, where the Demo Team put on many demonstrations. After 9 successful years in California, Master Hebard has relocated back to Idaho. Kim's Taekwon Do is the largest Taekwon Do association in the Northwest with over 50+ Schools. All of our schools are supervised by: Great Grandmaster Hong Sik Kim. Apple Athletic Club, known for hiring highly educated instructors, hired Master Hebard to build a successful martial art program for members and non-members alike.

Robert Edwards, 8th Degree Black Belt Traditional Isshinryu Karate. Legendary International Point Karate Champion "The Janitor"- meaning he cleaned up the ring with his competitor, Weapons Expert and Kata. Robert Edwards has currently moved to Idaho Falls and is now the Pastor for New Hope Temple COGIC located at 1571 Ammon Road in Idaho Falls, Idaho.

Sensei Anthony v. Sager, 4th Degree Black Belt Karate, Jiu-jitsu, and Tai Chi: is a World Martial Arts Champion, Self Defense, Weapon, Kata, 3rd Point Fighting, (The 1st full contact Handicapped Fighter in the world). He is well known for his public speaking; his Program, "Get Fit for Life" Seminars & Speeches Motivational Workshops. On 7-30-11 his upcoming book signing at the Idaho Falls Hastings Bookstore & Café at 17th Street. Starting at 2.00 pm Anthony von Sager, will also held a free Motivational Work shop within the Bookstore, inspire and elevate any participants at the event, provide clues and answers for anyone in our times, the single Mom, Parent, Student and Teacher alike. Anthony is currently training at the Apple Athletic Club with Master Hebard, special thanks to DJ Andy, Arrow 107 FM.

The ultimate philosophy and purpose of learning any martial art is to develop a person with perfect character, mental & physical condition.

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Article Written By: Master Jeremy Hebard

