

Free, Free, & Free trial Lessons Until you Decide!

LAWRENCE TAE-KWON-DO SCHOOL

An Institute of Martial Arts education

Self-Defense · Self-Confidence · Self-Discipline · Self-Control · Self-Esteem

Life of Integrity

Our system's goals are sound mind in sound body, ultimately developing compassionate human beings.

We sit too long. We need exercise!!

Tae-Kwon-Do:

This Korean Martial Art develops superior self-defense skills and total body fitness, weight loss, and improved health. 1 hour workout may burn 600 to 1600 calories.



Hap-Ki-Do:

This Korean Martial Art teaches falling and rolling, throwing, and joint-locking. With this martial art, the weak can defeat the strong.



Kum-Do:

In this martial art eyes, feet, spirit and sword merge into one through the focused flow of movements as the sword player pursues oneness of spirit and the sword.



Sun-Do:

This Taoistic Yoga meditation discipline, with no religious aspects, increases mental, and physical powers, and improves healthy life-span. Sun-Do is both the basic root of martial arts and its ultimate end.



Self-Defense Clinic:

Private or group sessions.
• One out of three women is attacked at least once in their lifetime.
• Protect yourself from threats.
Call now for an appointment.



Lawrence Tae-Kwon-Do School students describe benefits they've discovered from the school's program:

- "I am very happy to see that my kids have begun to listen to me since we joined."
- "It took several years to tame my difficult child. Lawrence Tae-Kwon-Do School deserves the credit."
- "I notice an increase in my child's ability to concentrate."
- "Now I have more patience and better self-control, became a better parent, and became a good example to my children."
- "I learned to keep my ego under control and become the kind of person others admire and respect. I think this leads to success on the job."
- "I increased concentration on the job, learned to persevere and solve tough problems."
- "I am now able to touch my toes again."
- "I lost 100 pounds in a year due to the LTKDS program and can join the Navy."
- "I increased flexibility for my arthritis."
- "I look younger and in shape. I look like an exciting new person to my spouse."
- "My body reacts automatically without hesitation in an emergency. I developed confidence and inner strength that can be sensed by others. If you appear strong you are less likely to be a victim."
- "Due to LTKDS my children excel in other sports they're involved in."
- "As a former Olympic trial finalist in swimming, I regret that I did not begin TKD then when I was young."
- "My circulatory problem improved by the program."
- "After 25 years of marriage, my husband and I revitalized our marriage and see no middle age crises like others say that they have. LTKDS has the credit for this result."

Self Defense techniques may save your life!

We help children listen to their parents!

In martial arts, an untrained mind is dangerous. Therefore, we put our utmost efforts into helping students form a well-disciplined character which cherishes values and pursues goals.

Chief Instructor:

Grand Master Ki-June Park, Ph.D.

Learn Martial Arts from an original Master
A Martial Arts student since 1955



We'll beat any competitor's price!

19th & Vermont • 785-841-5661
Lawrence, KS

Unlike entertainment style fighting, we train for absolute supremacy with a single blow.

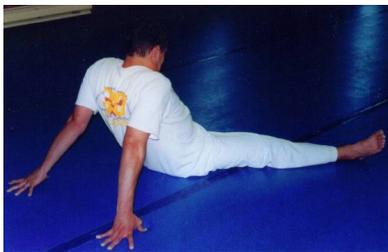
Every Martial Art has its own unique traditions of discipline, culture and philosophy that cannot be perfected in a hodgepodge regiment.

Highest Quality of Instruction: Grand Master himself teaches classes in person. His assistants have more than 20 years Martial Arts experience.

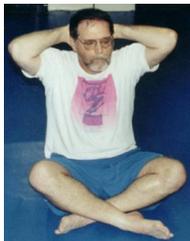
Testimonials of Sun-Do Practitioners



Since Arlene started practicing Sun-Do, she sleeps better, deeper and requires fewer hours of sleep, she feels more rested. She does not get sick very often. Even when she gets sick, she recovers quickly in a few days instead of weeks. She has reduced her high blood pressure, the hereditary disease of her family, and does not require the prescription medicine that other family members use to control their blood pressure. She has increased flexibility, concentration, and relieved emotional stress through this discipline. Since she became healthier and less stressed, she is, as she says, a better partner for her husband.



I am a KU professor and department chair. I have been doing Sun Do twice a week for the past five years. I find that I have more energy and can work harder than when I was younger.



I am a dentist and have osteoarthritis. It often requires pain medication to sleep. It was not uncommon for me to awaken with pain after a couple of hours of sleep, even after taking pain medication. Several months after starting Sun-Do, my flexibility increased. This has led to a decrease in the pain of arthritis. I can now sleep 5-6 hours even without pain medication.



I am a 53 year old physician practicing in the Emergency Department where we work twelve hour shifts. Sun Do has helped me conquer both my mental and physical fatigue. My son and I began practicing Sun Do together and it has strengthened our relationship and created a special bond.



선도 · Sun-Do

What is Sun-Do?

An American woman was vacationing in Korea. When she traveled the countryside, she noticed a young man in his twenties whipping the back of the legs of an old man in his eighties. Repulsed by what she saw, she stopped and said, "Stop that immediately. What gives a young man like you the right to whip a helpless old man?" The young man glanced at her and said, "Buzz off, I'm busy." Exasperated, the woman said, "If you don't stop immediately, I will call the police."

"Okay, the young man said, if you insist I will explain. Sixty years ago I left home to go into the mountains to practice Sun-Do. When I left, I told my son that he must also practice Sun-Do while I was gone. Obviously, you can see that he did not practice because he is now an old man, while I still have the flower of youth. I am disciplining him because I soon will be leaving for the mountains again and would like my son to be alive when I return. If you practice Sun-Do, you too will benefit by living a long and healthy life."

The woman then asked, "Where might I be able to practice Sun-Do in America?" The young man said, "There aren't many traditional Sun-Do schools in the United States, but I do know of one that is located at 1846 Vermont St. in Lawrence, KS. Master Ki-June Park is the instructor. He can teach you the true meaning of Sun-Do."

Class levels from low to high impact.

Regular Schedules in the evening:

Mon., Tues., Wed., Fri.: 5:30, 6:35, & 7:35

Thu.: 4:30, 6:00, & 7:00

Sat.: 10:00a.m. to Noon to 1:00p.m.

All other lessons are available by appointment, anytime day or night.

Acupressure & Sooji-Chim (Hand accupuncture), Arts of Health

Acupressure does not cure any ailments, but it can relieve pain and physical discomfort from conditions such as:
Carpel-Tunnel Syndrome



Back Pain, Arthritis

Other Pains

Migraine Headache

Lessons and Training are also available. If interested please call 785-841-5661.

Grand Parents who support their grandchildren will be free in one of our programs.



Children in our school become physically fit, make better grades, listen to their parents, have increased confidence, and develop into meek and calm individuals, who are capable of achieving their goals.

Uniqueness of our School

Dues are affordable · Some scholarships available · Taught by original Grand Master who has been trained over 50 years · True and authentic Martial Arts in a serious and structured, yet non-stressful work out environment. · Loving and caring atmosphere · Family oriented classes.

Our school teaches traditional discipline, highly skillful techniques as well as simple and practical ones for real world self defense. Great fun! No nonsense! Intensive self-defense training!



GRAND MASTER KI-JUNE PARK, PH.D.