

# Fort Myer Military Community Taekwondo Center



**Location:** Fort Myer Community Center  
228 McNair Road, Building 405  
Fort Myer, Virginia 22211  
Phone: (703) 696-3469/70

**Class Hours:**  
Mon 6 pm – 8 pm  
Wed 6 pm – 8 pm  
Sat 12 pm – 2 pm

**Master Instructor:** Master Vicente Camacho      **Phone:** 571-233-5351  
**Assistant Instructor:** Mr. Jon Whitman  
**Student Instructors:** John Burgess      Amarri Navarro      Ryan Swann  
Armand Navarro      Vinson Camacho      Tran Ngo

**All black belts are Certified/Registered at the World Taekwondo Federation.  
For an inquiry on program, cost or for an interview, please call Master Instructor.  
The Taekwondo program is tailored for children and adults**

## PHYSICAL BENEFITS OF TAEKWONDO FOR A HEALTHY LIFE STYLE

Flexibility	Concentration	Balance	Strength	Coordination
Endurance	Confidence	Commitment	Accuracy	Cooperation
Patience	Integrity	Respect	Perseverance	

## OBJECTIVE OF TAEKWONDO

To make Taekwondo a way of life; that you would become a well-rounded individual;  
and always have a can do attitude for the betterment of oneself and to others.

## PHILOSOPHY OF TAEKWONDO SPIRIT

“Taekwondo aims not only to acquire power and skill for self-defense, but also to perfect oneself with the character of devoting one’s life to the safeguard of justice, of respecting the responsibilities, and of embodying the thought of universal equality.”

“Peace-loving Spirit”  
“Spirit of integrity to protect the Righteousness”  
“Strong sense of Responsibility”