



## The Instructor

Miss Lisa Cate began Taekwondo training in 1997 and was awarded her Assistant Instructor's certification in 2001 under the Choong Sil Taekwondo Federation (CTF). In 2009 she achieved her CTF Chief Instructor Certification.

Miss Cate graduated Magna Cum Laude from Aquinas College in Nashville to which she earned a Bachelors' of Science in Business. In addition she is also a member of the Catholic academic honor society, Delta Epsilon Sigma.

Lisa works with The Aregis Taekwondo's after school program. She worked many years as group fitness instructor for Vanderbilt's Health & Wellness Services, as well as being the Program Director of the Community Taekwondo program.

## Training Clubs and Seminars

### Taekwondo

Physical exercise, goal setting, improved focus and more

### Group Social Skills

Social interaction, courtesy, integrity, self-control, team building and more

### Group Safety Awareness

Self-defense, Stranger danger, fire, vacation, house safety, and more

*Did we mention that we have FUN!?*

### St. James' TKD Program

411 W. Due West, Madison TN  
Monday & Thursday  
5:00 p.m. to 7:45 p.m.  
Ages 6 & Up

### Monthly Membership Prices:

- 2 Month (one time trial) ..... \$30
- 12 months ..... \$35
- 6 months ..... \$45
- 3 months ..... \$55
- \*add a family member ..... \$20

*Ask about our discounts for Church attendance, referrals and paid in full agreements*

## The Aregis Taekwondo Center

The Aregis Taekwondo Center offers many different programs to help people with personal and physical goals. Mr. Aregis and his staffs' constant pursuit of excellence, make the center one of the leading martial arts schools in the middle Tennessee area.

Our style of Taekwondo literally interprets as constant and never ending improvement. The instructors teach students to set goals for themselves by using a four stage process: Imagination, Inspiration, Actualization and Realization.

**We would be honored to enhance your organization for those you serve.**



## Community Training Clubs

Our training clubs and onsite seminars offer organizations a way to offer their community/group a high quality activity at an outstanding value.

Our Club Program's goal oriented classes teach children and adults a series of physical and mental skills which will quickly translate into the student's confidence and healthy self-esteem.

The program is built around quality values that wholesome families incorporate into everyday living.

Education by way of self-discipline and positive attitudes merits success for students in all aspects of their lives.

*"Your success is our personal goal"*



**\$30**  
a month  
**Madison/Inglewood**



Master Louie Aregis

Aregis' Community  
**TAEKWONDO**

900 Conference Drive, 2B  
Goodlettsville, TN 37072

Lisa Cate, Program Director

**615-927-BEST [2378]**

[www.CommunityTKD.com](http://www.CommunityTKD.com)



Aregis' Community  
**TAEKWONDO**

In Churches

In Schools

In Corporations

IN YOUR ORGANIZATION