

Testimonial

August 15, 2011

My name is Andy Mal. I am a personal training specialist and nutritional & wellness counsellor. As such, I consistently take continuing educational seminars as well as educate myself on sports specific training practices. Whether it comes down to jumping higher, running faster, hitting harder, losing an overall body fat percentage or gaining muscle mass, I'm a specialist at getting it done.

I have been at Tiger Taekwondo for a couple of months now, which has already helped me receive several promotions at my job, including being named Head Trainer of the facility, and top trainer in Edmonton, never mind the fact that I have shed 26 pounds, lost 5% body-fat, and increased my speed, accuracy, power and stamina so dramatically that I am now in tournament preparation!

I have trained at five different Taekwondo schools in my lifetime. Tiger Taekwondo is the best because even with a class of eight to ten you receive individual attention at all times, and your personal progress is treated as if it is of the utmost importance.

You are given top notch customer service from the moment you are introduced to this amazing organization. As soon as I was in contact with the Dojang (Taekwondo School) I was given the most patient directions to the school, as well as a detailed overview as to what to expect from my first class at Tiger! I found the instructors to be on an entirely different level as they are very experienced martial artists who have coached high calibre athletes and competed at the highest levels themselves.

I love attending Tiger Taekwondo because at the end of every class I feel a sense of accomplishment that cannot be found anywhere else, because you actually improve every single day, whether in learning the next pattern, self defense scenarios, or knowing you kicked or punched just a *little* bit faster. But the biggest (and probably most profound) changes were not just physical improvements; I am also noticing developments in my character: I am more courteous and thoughtful (noticing things like holding doors open). I anger less easily and find myself seeing things through to completion, as opposed to giving up prematurely.

I would recommend Tiger Taekwondo to anyone who wants to expect more from themselves, 100% of the time, and being confident in their ability to deliver 100% all the time.