



@TATA.TAEKWONDO

PROPOSAL

Kepada/To:



TATA TAEKWONDO

태권도

COURAGE. HONOR. RESPECT



@TATA.TAEKWONDO



WORLD
TAEKWONDO



PROFILE AND HISTORY



Rhastya Dhanisia, widely recognized as TATA, was born in Jakarta in 1984 and discovered his passion for Taekwondo at the tender age of eight, in 1992. His unwavering dedication and commitment propelled him to achieve the esteemed black belt title in 1998, marking the beginning of an illustrious career in martial arts.

As a former Taekwondo Champion and recipient of numerous best athlete trophies, Rhastya's journey in the realm of sports has been characterized by excellence and perseverance. His pursuit of continuous improvement led him to expand his expertise beyond Taekwondo, acquiring black belts in Kickboxing and Hapkido Sungmookwan.

A certified national examiner and international Taekwondo master, Rhastya's commitment to the art extends beyond personal achievements. He has groomed over 30 black belt students, many of whom have attained remarkable national and international accolades under his mentorship.

In 2014, Rhastya founded the TATA Taekwondo Academy in Jakarta, which has since expanded to multiple branches across Jakarta, Depok and Tangerang, including the esteemed DECATHLON Pondok Indah, SPORTOPIA, NAVA PARK BSD, LIPPO Aryaduta, LAB School Cireundeu, WIDIA SPORTS CENTER - Sawangan, BUNDA MULIA Ancol - Elementary STRADA Pejompongan - Elementary PENABUR Depok School - Ancol, Grand Kasira Kemang Hotel, BATAS Study - Pejaten, Kebayoran Park Mall and Headquarter at Pakubuwono.

Additionally, in 2013, he established the DOJANG SOSIAL Taekwondo, a non-profit Taekwondo learning and coaching center aimed at fostering student achievement and development.



WHAT IS TAEKWONDO



TAEKWONDO is a Korean form of martial arts characterized by punching and kicking techniques, with emphasis on head-height kicks, spinning jump kicks, and fast kicking techniques. Taekwondo is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind. Today, it has become a global sport that has gained an international reputation, and stands among the official games in the OLYMPICS.



TAEKWONDO CLASS

PURPOSE



01

TAEKWONDO IS A MARTIAL ART. AS EVERY MARTIAL ART MAIN PURPOSE IS **FOR SELF-DEFENSE**

02

TAEKWONDO IS A SPORT. IMPROVE **HEALTH AND VITALITY** IS THE BENEFIT OF TAEKWONDO.

03

TAEKWONDO IS AN ACHIEVEMENT. EITHER ACHIEVEMENT IN SPORT OR DAILY LIFE, TAEKWONDO TEACHING **WINNING MINDSET** AND ACTUAL OPPORTUNITY TO ACHIEVE GOALS.

04

TAEKWONDO IS A CHARACTER. LEARNING TAEKWONDO CAN HELP TO DEVELOP **VALUES OF WISDOMS**. RESPECT, RESILIENCE, DISCIPLINE AND RESPONSIBILITY ARE THE CORE VALUES.

TRAINING PROGRAM OF TAEKWONDO

As we follow the Curriculum of **World Taekwondo Federation, Kukkiwon and PBTI** (Indonesia Association of Taekwondo), there are 3 main training program. **Kyorigi** (The Fight), **Poomsae** (The Movement), and **Hosinsul** (The Self-Defense)



KYORUGI

It is the most common fighting style program in Taekwondo. Competed in Olympics, Kyorigi is one of the most popular training program in Taekwondo.



POOMSAE

a set sequence of movements that consists of the various fundamental stances, blocks, punches and kicks arranged in a meaningful order in response to attacks from multiple imaginary assailants.



HOSINSUL

A form of self-defense techniques, set for daily actual cases. it combines kicking, punching, and grabbing

HEAD INSTRUCTOR

RHASTYA DHANISIA

- 5th DAN BLACKBELT
- LICENSED TAEKWONDO GRADER
- FORMER TAEKWONDO ATHLETE
- MORE THAN 25 YEARS OF COACHING EXPERIENCE





THE INSTRUCTORS (SABEUMNIM)



As Taekwondo is from Korea, The Instructors are also called as Sabeumnim (사범님). Our Club is consists of qualified (World Taekwondo and Kukkiwon Certified) and experienced professionals with achievements.



Sabeum
Igawal



Sabeum
Alvin Kusma



Sabeum
Kavela K. Putri



Sabeum
Ima Natani



Sabeum
Irdhaya Rajar



Sabeum
Alexander T.



Sabeum
Kamal Asa



Sabeum
Rafika



Sabeum
Yana Nurmaulida



Sabeum
Riyadi Aza



Sabeum
Indri Estelene



Sabeum
Mena Prasaja



Sabeum
Sarah Silalahi



Sabeum
Karel



Sabeum
A.M. Charlee



Sabeum
Marcello Mangaha



Sabeum
Inge Chris



Sabeum
Rhendi Pratama



Sabeum
Robert Yudianto



Sabeum
Rahmat Putra
Nugraha



Sabeum
Ragaku Matenggo
Dergantara



Sabeum
Renaldi
Adjanusella



Sabeum
Rahadian
Adjanusella



Sabeum
Rahon
Adjanusella

OUR UNITS



Jakarta Pusat

- 1) SD Strada Pejompangan *
- 2) SMP K Ketapang 1 *

*only for school's students

Non Profit: Dojang Sosial

Jakarta Barat

- 1) Sportopia, Cengkareng

Jakarta Timur

- 1) As Sahra Global Academy,
Lampiri

Jakarta Utara

- 1) Sekolah Bunda Mulia, Ancol *

*only for school's students

Jakarta Selatan

- 1) HQ, Pakubuwono
- 2) Kebayoran Park Mall,
Ulujami
- 3) Decathlon Pondok Indah
- 4) BATASpace, Kemang

Depok

- 1) SD Kristen Penabur *
- 2) Widia Sport Center, Sawangan
- 3) Privehill, Depok
- 4) Villamas, Depok
- 5) Alun Alun Sawangan
- 6) Shila at Sawangan

*only for school's students

Tangerang Selatan

- 1) SMA Labschool Cirendeui *
- 2) Nava Park, BSD
- 3) Natura, Serpong

*only for school's students

Check all updated units here: <http://linktr.ee/tata.taekwondo>





WHO CAN PARTICIPATE?



Kids, starting from age 4 years old can join this class. All students must sign consent form for the registration. Students with special requirement must be accompanied with parents or appointed caretakers.

TAEKWONDO

CLASS DOCUMENTATION



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Contact Us

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📷 [tata.taekwondo](https://www.instagram.com/tata.taekwondo)

👤 <https://linktr.ee/tata.taekwondo>



THANK YOU



TATA TAEKWONDO

