



This is Master Cho. I believe in learning from the best. I am very grateful and consider myself fortunate to have the opportunity to learn from a true master and his family. Master Cho, Jason Cho, and Christine Cho are excellent teachers.



Respect for the master, for my instructors, for others, for the school, and for what is being taught is central to learning at Cho's Tae Kwon Do. When I practice respect, my character deepens. Then, my respect for myself grows too.

Life's success principles are integrated into the training. Disciplining the mind and body, setting goals (short and long range), having a plan to accomplish those goals, overcoming fears and insecurities with an "I can do attitude", and developing patient determination to see a goal through to the end are all benefits of dedicated training.

The best part is all this learning goes on in an environment of friendship. Master Cho's school is a place where we help each other and grow together. This exemplifies another major principle of life. You can't help someone else without helping yourself in the process.



I started training with the Cho's as a white belt in 1995, at the age of 43. Human beings are incredible learning "machines". It's never too late to reach for a dream. It takes practice, practice and more practice. That's the secret to improving at anything. I practice in and out of class.



Tests, tournaments, and demonstrations are an opportunity to prove our skills.



Through training, I learned to believe in myself. I know now, without a doubt, that I can do anything I set my heart and mind to do, if I am willing to patiently do the work required to accomplish my goals.

M.C.Gillis