



ATC TAEKWONDO CENTERS, INC

Throughout his more than 40 years of martial arts education and 32 years teaching, Master Spillmann has trained and learned from the best of the best. TaeKwonDo and Karate Grandmasters like: Young Kun Kim, Suk Jun Kim, Kyu Hun Lee, Lee Chung Woo, Tung Suk Chun, Jong Man Park; HapKiDo Grandmasters like: Kwang Sik Myung, Lee Jae Won, James Park; Brazilian Jiu-Jitsu Professors, Reylson, Gracie, Carson Gracie and Master Spillmann's brother, Rocian Gracie Jr. Master Spillmann has also trained with many other World Famous Grandmasters and world renowned fighters. Master Spillmann has trained, fought and taught seminars in many countries including Brazil, Peru, India, Germany, Japan, Puerto Rico and Korea and has won many championships. He also trained at the Seoul Physical Education University and at TaeKwonDo Kukkiwon Headquarters in Seoul with World Famous Grandmaster Kyu Hun Lee. Master Spillmann believes all martial arts should be respected; it is an individual's dedication and commitment that makes his or her art. That is why even after 40 years, Master Spillmann continues to train in his loved art forms, and why Master Spillmann started the Grandmaster Club and Master Club programs and opened ATC TaeKwonDo Centers, ATC Martial Arts Centers the ATC Gracie Academies which operate worldwide.



GRANDMASTER K.O. SPILLMANN, PhD
ATC FOUNDER AND MARTIAL ARTS DIRECTOR

- TaeKwonDo Certified WTF - KTA - ATF - TI - AAU
- TaeKwonDo International 8th Dan Black Belt
- AAU & USTKD Certified 7th Dan Black Belt
- Kukkiwon Training Course Certificate 1999
- HapKiDo Certified Master Instructor - 6th Dan Black Belt
- HapKiDo **KHF** / WHF - 4th Dan Black Belt
- Karate Certified Master WHKF - 4th Dan Black Belt
- Judo -2nd Dan Black Belt
- Rocian Gracie Brazilian Jiu-Jitsu - Fiixa Prieta BJJ
- QieGong / Iron Palm -Non-Ranking System
- Ranking in Many Other Styles (Karate - Kung Fu)
- JidoKwon Citation Dedication to TaeKwonDo 1981
- JidoKwon Citation Dedication to TaeKwonDo 1983
- Cornell University Management Training Program 1984
- Outstanding Team Coach 1991 A.T.F -Y.K. Kim
- Outstanding Instructor 1992 A.T.F -Y.K. Kim
- Honorary Teacher Award Orange County 1993
- Produced Self-Defense Training Video Tapes 1997
- Leadership Award World HapKi-Do Federation 1997
- AMS Outstanding School Award 1997
- Pan-American Coach 1995, 1997
- Director of California Inter City 1999 -2001
- Director of TaeKwon-Do Games LA. 1998
- California Senate: Community Service Award 2001.
- United States Presidential Award 2003
- Elected VP. TaeKwonDo International 2005
- Wrote: How to operate a professional academy 2005
- Co-Director of WTF World Games in LA 2006
- Inducted into the TaeKwonDo Hall of Fame 2006
- Published 2007: The TaeKwonDo Business Manual
- World TaeKwonDo Federation Citation of Merit 10/2007
- 200 Concrete End-Cap Blocks Broken in 46 Seconds 12/06
- 411 Concrete End-Cap Blocks Broken for charity.



Age 4

This further expands ATC students' knowledge, so that they do not have to spend monies traveling or training all over the world or at other academies to gain his priceless knowledge and deep philosophies. Master Spillmann also holds several block breaking records, including breaking 411 concrete end-cap blocks for charity. Master Spillmann says, "to stop learning is to stop living." Master Spillmann received his Doctorates in Philosophy and Business in 2007. He is currently working towards his Doctorate in theology and family counseling. Master Spillmann believes in education and expects his students to maintain top grades. He, at almost 50 years of age, still teaches all the classes in TaeKwonDo, HapKiDo, Brazilian Jiu-Jitsu, Sword and Advanced Forms and Sparring at ATC Central, located at 2175 Sampson Ave #111 Corona CA 92879 (951)898-2022 All classes are taught in their original form. All instructors are internationally certified and teach the traditional, original styles, without mixing the arts.

WORLD RECORD
GRANDMASTER K.O. SPILLMANN 7TH DAN BLACK BELT

WORLD CERTIFIED MASTERS

ATC DEMO TEAM - CORONA CENTRAL

ATC = A+

ATC students must maintain top grades and manners to advance in belt ranking.

MASTER CLUB - HAPKIDO & JIU-JITSU

GUMDO SWORD

LITTLE LIONS

TAEKWONDO

VOTED #1

ATC TAEKWONDO CENTERS & GUMDO SWORD

ATC 29360 HUNCO WAY, UNIT D: LAKE ELSINORE, CA 92530 (951)674-2471 www.atcma.com



Class Schedule: Effective 2009-2010

ATC 29360 HUNCO WAY, SUITE D LAKE ELSINORE (951)674-2471



Days →	MON	TUE	WED	THU	FRI	SAT
PRIVATES BETWEEN 9 to 10am	PRIVATES \$20 -\$120 Per Hour	PRIVATES \$20 -\$120 Per Hour	PRIVATES \$20 -\$120 Per Hour	PRIVATES \$20 -\$120 Per Hour	PRIVATES \$20 -\$120 Per Hour	PRIVATES \$20 -\$120 Per Hour
LITTLE LIONS 3 - 6YRS 3:15 to 3:45	WHITE TO YELLOW GREEN	GREEN TO BLUE BROWN 3:15 TO 4:00	WHITE TO YELLOW GREEN	GREEN TO BLUE BROWN 3:15 TO 4:00	WHITE TO YELLOW GREEN	MASTER CLUB RHYTHM TAEKWON CARDIO 9AM to 10AM ATC CENTRAL
LITTLE LIONS 3 - 6YRS 4:00 to 4:30	GREEN TO BLUE BROWN 4:00 TO 4:45	WHITE TO YELLOW GREEN	ALL BELTS	WHITE TO YELLOW GREEN	GREEN TO BLUE BROWN 4:00 TO 4:45	LITTLE LIONS ALL BELTS 9:15 to 9:45AM
JUNIORS 6.5 - 11YRS 4:45 to 5:35	WHITE TO PURPLE	ALL BELTS	BLUE TO BLACK	MASTER CLUB GUMDO SWORDS 5YRS - UP	ALL BELTS	FAMILY ALL BELTS 7YRS - UP 9:45 to 10:30AM
FAMILY 7YRS & UP 5:45 to 6:35	MASTER CLUB GUMDO SWORDS 5YRS - UP	ALL BELTS	SPARRING GREEN TO BLACK 7 to 12YRS	WHITE TO PURPLE	BLUE TO BLACK	WANT TO JOIN THE ATC DEMO TEAM ASK YOUR MASTER OR INSTRUCTOR.
FAMILY 7YRS & UP 6:45 to 7:30	WHITE TO PURPLE	BLUE TO BLACK	WHITE TO PURPLE	BLUE TO BLACK	SPARRING GREEN TO BLACK 14YRS - UP	MASTER CLUB GRACIE JIU-JITSU 12PM to 1PM ATC CENTRAL
ADULTS 12YRS & UP 7:30 to 8:15	ALL BELTS	WHITE TO PURPLE	BLUE TO BLACK	ALL BELTS	6:45 to 7:45	MASTER CLUB DRILLS, FORMS SPARRING RED TO BLACK 1PM to 2PM ATC CENTRAL
PRIVATES 8:30 to 9:15	PRIVATES \$20 -\$120 45 MINUTES	PRIVATES \$20 -\$120 45 MINUTES	PRIVATES \$20 -\$120 45 MINUTES	PRIVATES \$20 -\$120 45 MINUTES	PRIVATES \$20 -\$120 45 MINUTES	ALL TEAM MEMBERS MUST BE IN MASTER CLUB

ATC WEEKLY ROTATING CURRICULUM ASSURES QUALITY INSTRUCTION

- 1ST WEEK OF EVERY MONTH - FORMS - BLOCKING TECHNIQUES
- 2ND WEEK OF EVERY MONTH - SELF DEFENSE - STRIKING TECHNIQUES
- 3RD WEEK OF EVERY MONTH - KICKING & BREAKING TECHNIQUES
- 4TH WEEK OF EVERY MONTH - DEFENSIVE SPARRING DRILLS
- 5TH WEEK OF EVERY MONTH - FORMS & SELF DEFENSE

45 MINUTE PRIVATE CLASS FEES

- 2ND DAN - \$20.00
- 3RD DAN - \$40.00
- 4TH DAN - \$60.00
- 5TH DAN - \$80.00
- 6TH DAN - \$100.00
- 7TH DAN - \$120.00

PRIVATES MUST BE APPROVED BY ATC OFFICE
CALL TO SCHEDULE 951-898-2022



PLEASE ATTEND THE CORRECT CLASS TIMES - DON'T MISS CLASSES



ASK ABOUT MASTER CLUB TRAINING PROGRAMS

FOR INFORMATION ON YOUR WORLD CERTIFIED MASTERS AND INSTRUCTORS PLEASE OUR WEBSITE