

Pinaroc TAEKWONDO



Pinaroc **TKD.XT** (Cross-Training)

Pinaroc TKD offers a cross-training program with activities and training techniques designed specifically to improve conditioning, quickness, power, and range of motion.

ATHLETIC ADVANTAGES

Physical Conditioning	<i>TKD athletes train for fights, which require extreme physical conditioning. We train athletes to engage in bursts of intense activity with quick recovery times.</i>
Fast-Twitch / Quickness	<i>TKD athletes must read and react to their opponents' attacks. We focus on response time reduction, which leads to quickness in all athletic activities.</i>
Explosive Power	<i>TKD athletes deliver quick strikes, which require power (rather than simple strength). We train athletes to deliver stronger, faster strikes, particularly in lower body activities.</i>
Range of Motion	<i>Mobility, which is delivering strength throughout range of motion, is key to TKD success. We combine flexibility and strength training to expand athletic range.</i>

PHYSICAL BENEFITS

Full Body Development	<i>TKD Training promotes balanced muscle development, flexibility, and proper physical techniques, which translates into improvements in strength, balance, and mobility. <u>Just ask Pete Alonso.</u></i>
Stress/Injury Reduction	<i>Techniques to build hip flexor strength and flexibility promote greater range of motion and relieve stress on knee and ankle tendons, reducing the risk of leg injury in all sports.</i>

Pinaroc Taekwondo

We are a Kukkiwon, Olympic-Style, Taekwondo Dojang offering youth and adult classes in Mansfield/Arlington for over 20 years. Our dojang is home to 2016 Olympian, [Stephen Lambdin](#), [five reigning national champions](#), and dozens of youth athletes.

Jeff Pinaroc

Jeff Pinaroc, is a 6th Dan World Taekwondo Federation Black Belt with over 30 years of Martial Arts experience, including service as US National Team Athlete & Coach and Texas State Taekwondo Association Officer.

Located in The Fieldhouse
650 N. Highway 287 | Suite 200 | Mansfield, TX 76063