

MURRAY Journal

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FREE!

Business Spotlight

East West Martial Arts



When Joseph Bolega, owner of East West Martial Arts, says that Tae Kwon Do and Hap Ki Do are for everybody, he means it.

Joseph encourages men to use martial arts lessons to relieve stress and stay healthy. For women, it's a great way to stay in shape or lose weight, learn self-defense and maintain flexibility, and for children, martial arts teach about structure a

"The tendency in the western world is to believe that discipline for children is a bad thing but it's not," Joseph says. "Children feel comfortable and safe when they have boundaries and self discipline. They excel in school and don't have as many problems with sitting in class and paying attention."

East West Martial Arts has been in

Murray for just over five months but that doesn't mean Joseph and his wife, Penelope Bolega are new to the martial arts world. Both have taught all over the world for more than 30 years, including in Salt Lake City 12 years ago, and have seen students go on to compete in the Olympics and major national tournaments, work as stunt doubles and actors in Hollywood, and open studios of their own.

"We have a couple students from Salt Lake who did stunt work in movies like "Ninja Turtles," "My Father The Hero" and recently, "The Imaginarium of Doctor Parnassus,"" Penelope said.

Joseph added that at least 25 percent of all martial arts movies have at least one former student of theirs in it. It's not hard to believe, considering the

Bolegas have taught in Europe, Asia, Africa and America.

Even if your goals aren't as lofty as turning your training into a career, East West Martial Arts can help you improve your quality of life.

"You need to take time to do something for yourself, that benefits you," Joseph says. "[People who take their training seriously] stop smoking, stop stressing, sleep well at night, eat better, get better physical fitness and see their health come back -- their life force improves. If you lose your flexibility, mental or physical, it's pretty much the end of the road for you."

East West Martial Arts offers two programs: Tae Kwon Do training or Hap Ki Do/ Tae Kwon Do combined. They take all ages from 4 years up and classes are grouped by age and kept small. Currently, classes are \$69 for one month which includes a free uniform (a \$55 value) and as many classes as you want to attend. An additional discount is available if you look on their website, www.saltlaketaekwondo.com.

One of the things that make East West Martial Arts different than other studios in the valley is Joseph and Penelope's hands-on approach to teaching students. "We concentrate on all aspects of martial arts," Penelope says. "We don't concentrate on one thing, like tournaments or forms. We do everything, all aspects -- breaking, tournaments, training, everything."

East West Martial Arts is at 4550 South 900 East. For more information or to find out the class schedule, call 801-266-6333 or visit www.saltlaketaekwondo.com.