

Meet Master Ben Johnson / School Owner & Head Instructor

At Aim and Focus Karate we offer classes in the Korean Martial Art **Tang Soo Do**. The school was founded in January 2000. The head instructor/owner is Master Ben Johnson. Master Johnson is a 5th Degree Black Belt in the Tang Soo Do Mi Guk Kwan Association and has been training in Tang Soo Do for over 30 years. Master Johnson has over 30 active Black Belts in the school and they are all original white belt students of Aim and Focus. The quality and consistency of instruction at our school is simply exceptional.



Master Johnson is a direct student of Kwan Jhang Nim (Grandmaster) Charles Ferraro (founder of the Tang Soo Do Mi Guk Kwan Association). This direct teacher / student relationship allows Aim and Focus Karate to offer the best possible exposure to the curriculum of the Mi Guk Kwan Association.

Master Johnson is also an appointed member of the Tang Soo Do Mi Guk Kwan Association Board and Directors. Master Johnson spent 17+ years working at IBM as an IT Architect prior to becoming a fulltime martial arts instructor (and small business owner). The combination of his corporate experience and that as a small business owner gives him a unique perspective he shares with the organization as a BOD member.

Master Johnson competed for many years in the color belt, Black Belt and Master level ranks. His greatest accomplishments in the area of competition are not his, but his students. His students have won local and national level championships. You will see many trophies in the school proudly on display. Master Johnson did not win a single trophy on display – they were all won by his students. As a Master Instructor, he believes the school focus should always be on the students and their accomplishments.

All of our students are required to become members of the Tang Soo Do Mi Guk Kwan Association. Master Johnson believes it's important to belong to a larger organization so the students have access to a wide range of information and the knowledge of visiting Master Instructors. Aim and Focus Karate pays the student's annual membership with the Mi Guk Kwan.

Tang Soo Do is a "stand up" kicking style of martial art. It is very similar to Tae Kwon Do and shares its origin with the martial arts of Korea. At Aim and Focus we study the following general categories of study:

- Basics (kicking, punching, blocking)
- Forms (preset sequences of motions...some of which are centuries old)
- Self Defense (specific techniques if an attacker has their hands on you)

- One Steps (specific responses to a single committed attack...precursor to sparring)
- Sparring (bringing all our training together in an effective defense)
- Breaking (board breaking...teaches us "aim and focus")
- Special Master Combinations and Basic Sets enhance the student's experience

We offer a flexible class schedule (see Calendar/Events page) that allows families to train together. We have two active training floors, so it is easy to separate different groups and/or conduct separate classes as needed.