



INCLUSIVE TAEKWON-DO

Life is full of transitions, some brutal, some beautiful. Like many who paused and pondered their path and purpose during the Covid 19 pandemic, Michelle Golino-Crisco found herself re-evaluating her entire life's work. She was on a quest seeking deeper faith and higher significance after her second Covid birthday, the big 5-0! It wasn't long before facts surfaced. *She had been a martial artist her whole life with an accounting career "on the side" - not the other way around!* A leap of faith was just around the corner.

Mrs. Golino-Crisco is affectionately known locally and internationally as "Master G." for her rank as a seventh-degree, internationally-certified, Taekwon-Do black belt. This coveted title was earned after nearly 40 years of dedication and contributions to the art.

Early in her training, green belt, age 12, life brought about Master G.'s first major transition. She figured out a way to empower thousands annually in her father's honor.

A Charity Empowered to Save Souls, dba ACETSS.org, was organized November 2021 with a mission to empower individuals of all ages and abilities to protect themselves from acts of violence and aggression. For every corporate-sponsored workshop, a free workshop is offered to those in need. Upon learning a large group of adults with disabilities were in need of a martial arts instructor, Master G. stepped in to volunteer without hesitation. Inclusive Taekwon-Do and self-defense for adults with disabilities at Northland Church's Community Arts Connection (CAC), Longwood and later added Kairos Adventures, a new nonprofit in Sanford, was underway. Both groups offer a variety of programs and

activities for adults with varying disabilities. Kairos accepts teenagers throughout the summer months. For additional information about CAC call 407-308-2447 or visit their website at www.communityartconnection.com. For additional information regarding Kairos Adventures, call 321-277-7232 or visit their website at <https://www.kairos-connect.org>.

So what is "inclusive Taekwon-Do" and how does it help individuals with disabilities? Inclusive Taekwon-Do is a modern approach to teaching traditional methods. The program includes a variety of physical, intellectual and developmental lessons that increase coordination, focus, body awareness and social skills. Basic self-defense includes a participant's use of all tools, including the body, the voice, and other tools such as a wheelchair. Students learn to reach for their "tools of knowledge" in uncertain situations. Master G.'s self-defense techniques are easily adaptable for individuals with disabilities.

ACETSS.org is committed to positively impacting human lives. This year-to-date, 958 souls have been empowered. Master G. will serve as a guest speaker and clinic instructor at this year's Amputee Coalition "Elevate 2023" National Conference. August 2-6, 2023 (Orlando, FL). Members from both CAC and Kairos will be competing this September at a high-profile Taekwon-Do tournament. For more information on her programs or to make a donation to her charitable nonprofit visit www.ACETSS.org or follow Master G. on YouTube @empowerwithmasterg.