

Master G Introduces Attendees to the Benefits of Taekwon-Do

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While in Orlando, Florida, for the [2023 National Conference](https://www.amputee-coalition.org/events-programs/national-conference/)(<https://www.amputee-coalition.org/events-programs/national-conference/>), attendees will have the opportunity to explore different adaptive



activities and discover something new about themselves. Master Michelle Golino-Crisco, known as Master G, certainly has a lot of knowledge she is excited to share in the new adaptive martial arts clinic.

Master G began studying the Korean martial art of Taekwon-Do when she was 10 years old. Rising through the ranks, she is a two-time U.S. Women's Taekwon-Do Team champion, a Certified International Instructor, a trauma-trained professional, and a self-defense guru. As a domestic abuse survivor herself, she was motivated to start [A Charity Empowered to Save Souls \(ACETSS\)](https://www.acetss.org/)(<https://www.acetss.org/>), which empowers people of all ages and abilities to protect themselves from acts of violence and aggression. When Master G learned of a group of disabled students who needed a new martial arts instructor, she decided to take them on and has been teaching inclusive Taekwon-Do ever since.



As Taekwon-Do is intended for self-defense, it offers a variety of benefits that members of the limb loss and limb difference community can take advantage of regardless of age or level of mobility.

“This clinic is going to build such self-confidence in participants who come in and do this kind of movement,” Master G said. “You will learn how to improve your balance, hand-eye coordination, and learn things about your body that you didn’t even know you could do.” Movements will

be adapted for every participant and stability exercises will be incorporated for those who use prosthetics. “I want every single student to walk out knowing something about themselves that they didn’t know before,” she said.

Contrary to what some may believe, Taekwon-Do isn’t just for the young and athletic, as Master G has seniors in her classes. “It doesn’t require any



experience, extensive muscle, or huge range of motion. This is just basic self-defense, and anybody can learn it in an hour or less.” Come find out what’s possible and let Master G empower you through the lessons of Taekwon-Do.

Master G’s adaptive martial arts clinic will be held Thursday, August 3 through Saturday, August 5 from 7:00 to 8:00am. [Learn more about the available clinics and register today!\(https://www.amputee-coalition.org/events-programs/national-conference/conference-clinics/\)](https://www.amputee-coalition.org/events-programs/national-conference/conference-clinics/)