

## **Certification, Promotion & Connection**

At Enso Center, we have several programs that approach health in complementary ways. As we progress in each program, they begin to overlap and enhance each other.

In Hapkido we understand health as a harmonious interaction of relative opposites. We seek to be calm at the center of the storm. As we grow, we learn to direct and be more comfortable in the storm. In Tai Chi Chuan we see health as balance and flow. As we grow, we seek to proceed where possible and yield where necessary. In Yoga we see health as flexibility and stability. As we grow, we develop the strength to bend and spring back. In KiwonDo (Weapons) we see health as it relates to clear boundaries. As we grow, we come to realize that boundaries both separate and connect us and that clarity in boundaries is essential for healthy communication.

In these programs, we seek to guide and recognize people as they grow and change. Each person progresses at their individual pace and in their own unique way. We seek ways to balance individual needs within group programs. We address these needs through Certification, Promotion and Connection.

These three ways overlap and enhance each other. Certification recognizes student's hard work and accomplishments in relation to their teachers and organization. Promotion sets goals along a clear curriculum to give students tools to connect to the teachings of their art and tradition. Connection through groups encourages community and supports learning and teaching in a way that feels natural and inclusive.

At Enso Center, we mark these milestones with the presentation of belts, stones and or certificates.

While we want to make sure participation is not a burden, we also need to preserve and promote these arts, their teachers and the community that give us so much.