



SENIOR SOOL • Program Fact Sheet

Martial Arts Designed for the 55+ Body • Clinically Safe • Purpose-Built for Seniors

Senior Sool is a clinically designed martial arts wellness program for adults 55 and better. Rooted in the Korean art of Kuk Sool and filtered through 30 years of chiropractic expertise, every movement is orthopedically evaluated for the 55+ body — real martial arts, with a safety profile designed around you.

QUICK FACTS

- Founded and taught by **Dr. Daniel Middleton, DC (Ret.)** — retired chiropractor (30 years of practice) and 8th Degree Black Belt in Kuk Sool Won™ with 50+ years of martial arts training.
- **Strict No-Fall Policy** — students are never thrown to the ground and never practice standing falls. No sparring. No getting hit.
- **No experience needed** — the program is built for complete beginners, including those who haven't exercised in years.
- **Every technique adapts to you** — arthritis, joint replacements, and balance concerns are the rule here, not the exception. Seated participation (Chair-Sool) is full participation.
- **Your first class is FREE** — come try it with zero commitment.

WHY STUDENTS CHOOSE SENIOR SOOL

Balance & Fall Prevention Stance work and balance drills directly train the systems that prevent falls — the #1 injury threat for older adults. Your doctor asks about falls for a reason.	Joint-Friendly by Design Kicks stay at or below waist level. Techniques use leverage, not force. Flowing forms move every major joint through its natural range of motion.	A Genuine Brain Workout Learning and recalling movement sequences builds new neural pathways — cognitive training and physical training in the same hour.
Real Self-Defense Leverage-based wrist releases, distance creation, and awareness skills that work regardless of strength, speed, or size.	Confidence & Community Train alongside peers your own age. Earn rank. Set goals. Students describe the camaraderie as one of the program's best-kept secrets.	Clinical Oversight A retired chiropractor watches every movement in every class — professional biomechanical supervision, not just fitness instruction.

WHO IT'S FOR

Adults 55+ of every fitness level — beginners, those managing arthritis or joint replacements, and anyone who ever thought “*that's not for me.*” This one was built for you — and progress is always at your own pace.

CLASS DETAILS — CENTRAL-CLEMSON RECREATION CENTER

Classes begin AUGUST 2026

- **Day / Time:** _____ (see facility schedule)
- **Wear:** comfortable, loose athletic clothing; athletic shoes, clean socks or bare feet. Bring a water bottle — all training equipment is provided.
- **Pricing:** First class FREE • \$20 drop-in • \$90/month • \$160/month couples rate