

Larry Treger

Master Treger is a 6th degree black belt with over 40 years of both martial arts and teaching experience.



His life-long love of Tae Kwon Do, Shudokan, BJJ and Aikido began simply because he wanted a sport to fit in the off seasons for football and lacrosse.

He began his instruction under Master Dale Tompkins where he received a solid foundation in Tang Soo Do, but it was the late Grand Master Ki Whang Kim who nurtured his competitive spirit and started him on a lifetime martial arts journey.

With a style that combines both the traditional and practical sides of the martial arts, master Treger is able to engage both youth and adult students to make their experience within the studio both educational and fun.

Master Treger is a certified AAU coach, National Administrator for the USSA Martial Arts Program, Board of Directors for the United States Karate Do Association and 2016 Master's Hall of Fame inductee.



Master Treger holds a Bachelor of Science in Criminal Justice and works for the State of Michigan Department of Human Services.