



THE CHILD AND TAEKWONDO

How Your Child Will Benefit From Taekwondo

TAEKWONDO IS A TOTAL LEARNING ACTIVITY. LESSONS ARE TAILORED TO YOUR CHILD'S AGE AND SKILL LEVEL. YOUR CHILD BEGINS BY PRACTICING BASIC PATTERNS, FORMS, AND VARIOUS MARTIAL ARTS TECHNIQUES.

THESE FUNDAMENTAL SKILLS INCREASE YOUR CHILD'S COORDINATION, FLEXIBILITY, BALANCE, AND MENTAL WELL-BEING. TAEKWONDO DEVELOPS YOUR CHILD'S ATHLETIC ABILITIES AND SELF-AWARENESS, WHILE IMPROVING YOUR CHILD'S CAPABILITIES IN SELF-DEFENSE.

SELF-DISCIPLINE AND SELF-ESTEEM FOR YOUR CHILD

TAEKWONDO EMPHASIZES MORAL DEVELOPMENT AS WELL. CHILDREN LEARN RESPECT FOR THEMSELVES AND OTHERS, HEIGHTENED CONCENTRATION, AND INCREASED SELF-DISCIPLINE AND SELF-RESTRAINT.

THE SELF-DISCIPLINE THAT DEVELOPS AS A RESULT OF LEARNING AND PRACTICING THE TECHNIQUES USUALLY CARRIES OVER INTO OTHER AREAS OF THE CHILD'S LIFE. SCHOOL GRADES OFTEN IMPROVE AS YOUR CHILD LEARNS TO FOCUS ON OBJECTIVES AND TO WORK TOWARD ACHIEVEMENT. THE SELF-DISCIPLINE AND SELF-RESPECT WHICH TAEKWONDO DEVELOPS CAN PROVIDE YOUR CHILD WITH THE SKILLS AND MINDSET NECESSARY TO RESIST PEER PRESSURE.

THE MARTIAL ARTS LEADER WILL BE YOUR CHILD'S PERSONAL SUCCESS TRAINER.