

WHY TAEKWONDO?

Taekwondo helps children develop:

- Better Manners
- Respect for parents and other authority figures
- A high degree of self-respect and self-esteem
- The desire to set and achieve goals
- The strength to say "NO" to drugs and other forms of peer pressure
- Methods to defeat the bully without fighting
- Leadership and communication skills
- A "Yes, I Can" attitude
- Responsibility for their actions
- Better grades in school plus increased attendance
- Improved mental focus and concentration
- The self-discipline to do what they know they should do without being told
- Discipline to do what's right every time
- Physical and mental self-defense
- Improved fitness and well-being
- Enhanced motor skills, coordination, and strength