

**M.A.K.E.**

Presents

# TaeKwonDo Workshops For Kids

**Join Us For Fun, Fitness and  
Confidence building workshops  
for kids who want to become a  
Super Star in many areas.**

**Learn New  
Skills!**

**Make New  
Friends!**

**Set & Achieve  
New Goals!**

**Have Fun!**

**Enjoy Food!**



**Workshop Date & Time:**

April 25, 2009  
11:00 am — 1:00pm

**Workshop Location:**

United TaeKwonDo Academy  
907 E. Dowling Rd # 8  
Anchorage AK 99518  
(907) 868—7837

## What is TaeKwonDo?

Many people believe that TaeKwonDo is about punching, kicking and fighting. The definition of TaeKwonDo is Tae “foot”, Kwon “fist”, and Do “the way or discipline.” So TaeKwonDo is a great education to kids how to use foot and fist in positive ways. TaeKwonDo is great youth sports to receive benefits of obesity prevention, skill mastery to develop healthier body, and learn positive social skills.

## What our Kid's will learn at the workshop?

TaeKwonDo workshops for Kids have total of 7 different work shops that kids can experience:

### 1. Discipline Workshop

Disciplining is very important in TaeKwonDo. Through this workshop, the kids will learn about courtesy, integrity, perseverance and indomitable spirit.

### 2. Stretching Workshop

Stretching workshop will help kids to gain flexibility in fun ways. Through this workshop, kids will learn they have to overcome the difficulties to make better themselves.

### 3. Endurance Workshop

Endurance workshop will help kids to increase their endurance in positive ways.

### 4. Kicking Workshop

Kicking workshop will help kids to learn how to kick in properly and positive manners.

### 5. Punching Workshop

Punching Workshops will help kids to learn how to punch properly and in positive manners.

### 6. Blocking Workshop

Blocking workshop will help kids to learn how to block properly and in positive manners.

### 7. Breaking Workshop

Breaking workshop will help kids to improve confident. With exquisite skill, focus and excellence they learned through the workshops, breaking is one of the way to demonstrate the power and confident.

# What is benefits of TaeKwonDo?

TaeKwonDo is total body exercise that will help our students to increase in following area:

## **1. Healthier body**

Practicing TaeKwonDo regularly can give a child a healthier body which improves concentration for school work and study habits.

## **2. Friendship**

Practicing TaeKwonDo and other TaeKwonDo activities with friends in a dojang can develop lifelong positive social skills which lead to lifelong friendships.

## **3. Increased Focus and Concentration**

Practicing TaeKwonDo regularly can help a child increase focus and concentration. Students are challenged to think as much as they are to act. Learning the Poomsae (forms) and movements reinforces active memory & muscle memory. For this reason, TaeKwonDo is an effective therapy for ADHD, among several other behavioral issues.

## **4. Develop “Yes, I Can!” positive winning attitude**

When students train in TaeKwonDo, there are many ups and downs along the way. During the down times when students do not perform to the level they desire or that is required for their next geup (rank), there is the temptation to give up. It takes the development of a “Yes, I Can!” positive winning attitude to keep everything in perspective and to persevere through these disappointments. But tough times provide a valuable learning experience, because they know how hard they had to work to achieve them by not just giving it up.

## **5. Increased Confidence and Self-Esteem**

Practicing TaeKwonDo regularly can help students increase confidence and self-esteem. Confidence and self-esteem can be developed when the student is setting goals for oneself and succeeding in reaching these goals in a pressure situation. For example, Belt Promotion Exam, which is a TaeKwonDo geup(rank) advancement, is an ideal opportunity to reach a goal and to perform what you have learned and practiced, under pressure. When students successfully pass a testing, they gain a confidence which can readily be applied to other areas of their life. Success leads to confidence and there are many opportunities for success at United TaeKwonDo Academy.