

SAFEKIDS PARENTS

7 Reasons Why Your Child Should Take Taekwondo

Self-Defense / Martial Arts training can be a catalyst to promote self-confidence, assertiveness, goal orientation calmness and concentration. According to child education specialists, Nicholas Cokinas, Besides the three R's, every parent today should ensure that their child knows two things - karate and how to swim.

Contrary to what some parents believe, Self-Defense training does not prepare children for a show-down with a bully; rather, it short-circuits the bully-battling signals by building self-confidence and self-esteem through the supervised practice & learning of self-defense techniques.

1. DEFUSING BULLIES

A bully usually has a low self-esteem and the need to feel powerful causes them to seek out others weaker than themselves. A bully senses weakness such as an unwillingness to look him in the eyes, hunched posture, rapid breathing when confronted, and uncertainty in replies.

2. GRACE UNDER PRESSURE

Martial Arts is a practical course in assertiveness training. Some psychiatrists have even recommended it as training for patients who lack assertiveness. The format is simple: apply a small amount of pressure, teach the student to handle it, then graduate slowly until the student becomes comfortable.

3. GOAL ORIENTATION

Martial Arts offers clear benchmarks of progress that are not found in many modern-day activities. The Taekwondo ranking system bestows a different color belt for each step up the ladder which provides a constant sense of achievement. New belt rankings are attained by passing a test offered at periodic intervals. A by-product of this test is learning poise in front of the instructor and an audience.

4. TAE KWON DO, CONCENTRATION & SCHOOLWORK

Concentration is definitely a by-product of Taekwondo training. The traditional form or Poomse (a set of prescribed movements against an imaginary opponent) is a lesson in self-control. Maintaining a low stance, remembering each intricate move and delivering it with power requires effort.

5. ROLE MODELS

Parents will find that Taekwondo promotes achievement orientation. By emulating the instructor the kids have a strong, positive role model and learn the appropriate use of their new skills.

6. PHYSICAL BENEFITS

A number of professional athletic teams have used martial arts training to improve performance. Children lacking coordination may find martial arts to be one of the best activities to develop balance and fluid movement. Flexibility is a standard part of martial arts training, this makes a young athlete less prone to injury and more flexible in later life.

7. FULFILLING THE NEED TO BELONG

A distinct advantage of Taekwondo over team sports is that every child can participate. Unlike team sports, where a youngster may not make the cut or ends up on the bench. Taekwondo lets everyone perform at his or her highest level. Children in Taekwondo are often leaders in their peer group. They have an investment in their value system, and things like alcohol, cigarettes, and drugs are viewed as a risk to that investment.

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PARENTS

- **Safety flyers will be distributed** from time to time. We also ask that you bring copies of your child's report card so we can recognize them through various awards and acknowledgements.
- **Classes go all the way to Black Belt and beyond.**
- Sessions run 10-12 weeks: Fall, Winter and Spring, Summer sessions in selected areas.
- Training equipment for home use is recommended and made available. **We encourage sparring equipment at the Yellow belt level—2nd 12 week session. UNIFORMS should be purchased as soon as possible** (see your instructor).
- Tournaments are offered each session to promote competitiveness and sportsmanship, all students are invited.
- **Turn in an envelope with students first, last name and weekly amount (\$5.00) enclosed. We use this for attendance as well. The 12th week (day of testing) will cost \$10.00** which includes testing and class.
- **You or your child should attend 10 of the 12 classes** to qualify to advance to the next rank.
- Please be on time to class and pick-up your children promptly after class.

Learn more about the program at
www.taekwondonetwork.com

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