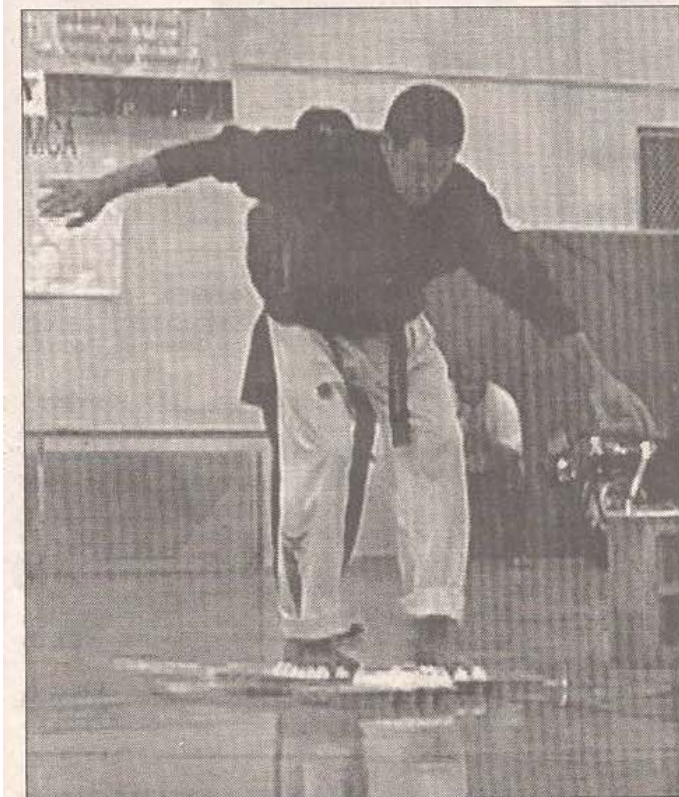


## YMCA hosts Tae Kwon Do exhibition



In the photo at left, students are awarded their black belts during a ceremony at the event while above, Judith Kirby, a TaekwondoNetwork Program Director, receives a certificate from WTF Commissioner Master Richard Do for her contribution to the art of Tae Kwon Do.



Master Stephen Kirby, a sixth degree black belt and the chief instructor for the program, demonstrates balance and control by walking on eggs.

### Tae Kwon Do program teaches self-defense, life skills

The 2008 YMCA / TaekwondoNetwork Masters Exhibition and Black Belt Promotions was held Saturday at the Lancaster Family YMCA.

It was the fourth year that the program was hosted by the "Y".

The Program is designed to teach kids and parents/adults Taekwondo and safety awareness.

It is encouraging to watch the development of the individuals year after year in these events," said Thomas Baughman, associate executive director of the Lancaster Family YMCA. "I see this Taekwondo program instilling the YMCA core values not only on the participants but the parents and spectators as well.

"It is a true reflection of their instructor's love and passion."

"We are looking forward to the expansion of the program as the Lancaster Family YMCA continues to grow and spread its mission among the local communities."

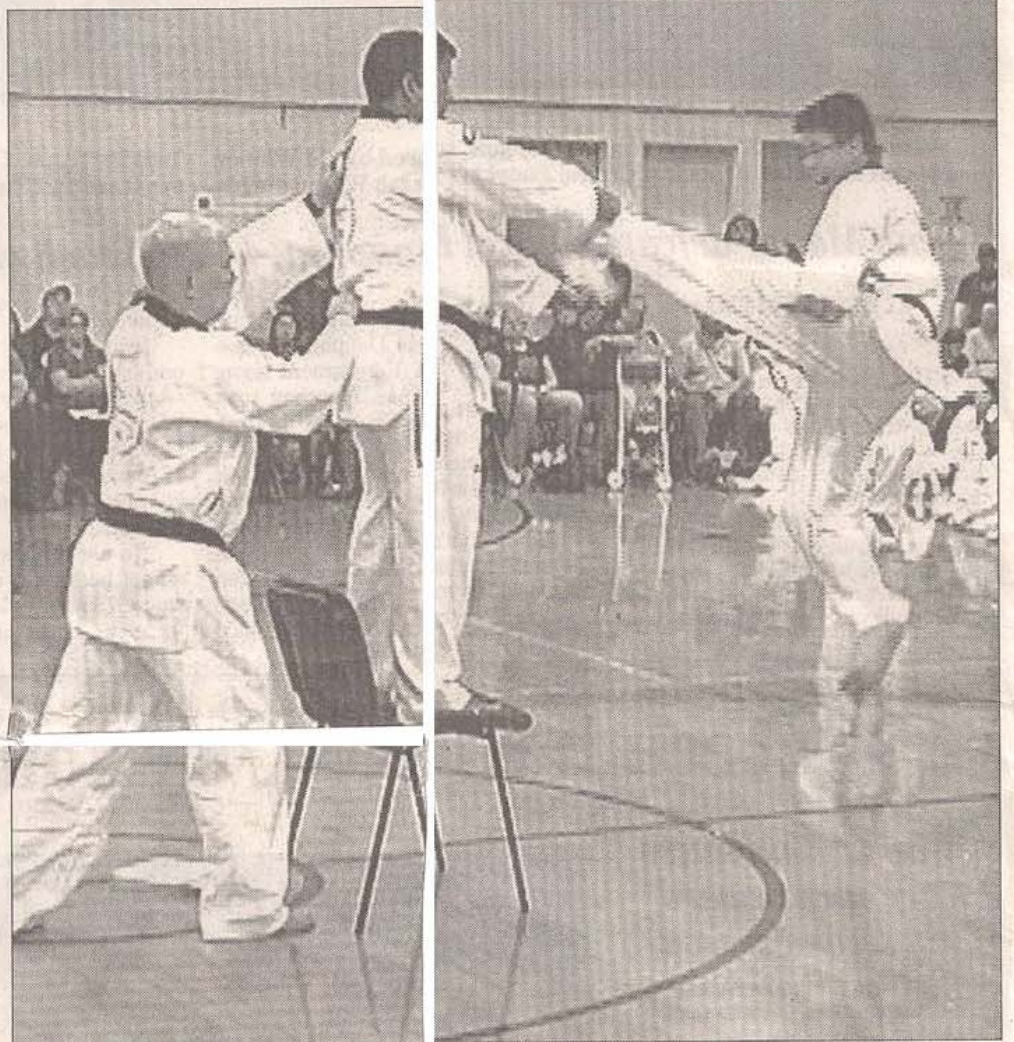
Saturday's event was not a competition, but an annual ceremony with demonstrations.

Those earning first, second and third degree black belts were honored at the event.

TaekwondoNetwork Masters has eight locations in Pennsylvania, including the Lancaster YMCA.

The Program is designed to develop self-confidence and empower youths to feel confident enough to succeed in life.

Tae Kwon Do has been determined to help kids with ADD, ADHD, Autism and many other conditions through focused training regimens and goal attainment emphasis.



Jon Vu performs an aerial kick as he breaks a one-inch pine board.



Thomas Baughman receives certificate from WTF Commissioner Master Richard Do for his contribution to the art of Tae Kwon Do.

Classes are held at 5:30 p.m. each Thursday Lancaster Family YMCA.

Master Stephen Kirby, a sixth Degree Black Belt in the art of Tae Kwon Do, is the chief instructor for the program.

TaekwondoNetwork Masters is affiliated with the WTF (World Tae Kwon Do Federation) the organization recognized by the International

Olympic Committee.

It takes approximately three years to earn a black belt certificate.

In addition to Tae Kwon Do, the program also covers the following:

- ◆ Gaiter Avoidance
- ◆ Drug Avoidance
- ◆ Gun Avoidance
- ◆ Fire Safety
- ◆ Stranger Danger

◆ Bicycle / Skateboard Safety

◆ And How to use the 911 System

For More information contact program director Judith Kirby at 717-252-2824 or e-mail jkirby@taekwondonetwork.com

Information can also be found at the Web site, www.taekwondonetwork.com