

# TAE KWON DO CLASS

One of the programs paid for by Parent Group fundraisers is the Tae Kwon Do class. On Wednesdays students can attend the class from 3:30-4:30 pm. There is no cost to the students as the class is funded by the proceeds from Scrip sales, See's candy, Spring plant sales, poinsettias.

My name is Melissa Branston and I am a Tae Kwon Do instructor. I wanted to share a bit more information about Kim's Taekwon-Do and the benefits of martial arts for your students.

First of all we have 5 Tenets of Tae Kwon Do which include:

- COURTESY: Showing respect to others.
- INTEGRITY: Knowing right from wrong and choosing to do what's right.
- PERSEVERANCE: Completing the task at hand.
- SELF-CONTROL: Resisting negative temptations.
- INDOMITABLE SPIRIT: Overcoming the odds.

We also have 3 main principles, those being:

## THE PRINCIPLES OF TAEKWON-DO

- PROGRESS: The constant striving towards goals.
- PEACE: The serenity that comes from self-confidence.
- LOVE: The concern and care for all people.

The five tenets of Taekwondo— courtesy, integrity, perseverance, self-control, indomitable spirit—teach students to follow a path that will lead to developing those qualities that help us reach our best potential. Every black belt was once a white belt. And having a black belt (or several) doesn't mean the hardships end—in class or out of it— but it does mean that you can better deal with obstacles.

Through the study of formal martial arts, students learn how to maintain a healthier lifestyle, explore their potential, and develop self-control, self-discipline, and self-confidence... Be healthier physically, mentally, and socially. Body, Mind, Spirit.

Martial Arts develops FOCUS, Discipline, Self-Control, and more. With so many distractions available it is also important for students to be able to exhibit Self-Control and Discipline. Students learn the importance of goal setting and what must be done in order to achieve their goals. What does that mean for Park Academy? It means that students will prioritize getting their work done including homework coming first!

Taekwondo is a martial art that involves the skillful application of techniques that include punching, jumping kicks, blocks, dodges, parrying actions with hands and feet. It is more than a mere physical skill, representing as it does a way of thinking and a pattern of life requiring discipline. It is a system of training both the mind and the body in which great emphasis is placed on the development of the trainee's moral character."

Thanks!