

# What Our Kids Learn Through Taekwondo Classes

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My grandson starting taking Taekwondo classes in Kindergarten. During his first year of classes, he became passionate about:

the kicks

punches

physical fitness games that required cognitive thinking while completing a pattern of activities

## Becoming Culturally Sensitive

As my grandson worked through his program, he became more culturally sensitive when learning the Korean words for the various moves. A significant experience is the spirituality and respect the children learn for others

that is reinforced in all individual and group activities. This respect is reinforced when my grandson:

Learns how to bow and make eye contact with his instructor and with his classmates when starting an activity

Is taught courtesy and self-defense when completing his kicks and punches

Becomes respectful of others and the environment

Is taught how to center himself in relation to others and the environment

## Learning Core Values and Confidence

When considering the relevance of what my grandson and peers are learning in class and how this applies to their daily lives, I have observed that:

Kids become more respectful with their teachers and peers at school and with their family at home.

They feel more self-confident when managing their emotions and care for their body.

The children are taught to seek support from their teachers and other adults when threatened by another child acting out.

Overall, Taekwondo has helped my grandson become more confident in managing daily life stresses.

Much success in helping your children become self-confident in their daily lives!

Joyce

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