



United Sports Tae Kwon Do

More Than Just Fitness

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United Sports' After-Care program has partnered with United Sports Tae Kwon Do to deliver programs that will improve your child's focus, self-control, and self-confidence.

- Imagine your child handling frustrations or those moments when their "engine is running high" with a few moments of deep breathing. Melt-down averted.
- What would it be like if your child did what you asked him/her to do the first time you asked, or dare we say, without being asked at all?
- Picture your child having the confidence to walk into a new situations with an absolute belief that they can handle it. Instead of hearing "I can't do it," they say, "I can't do it YET." Big difference, right?

Students in the after-care program will learn about the five tenets of Tae Kwon Do: **Courtesy, Integrity, Perseverance, Self-Control, and Indomitable Spirit**. They will participate in exercises where they learn how to make friends, and appropriately handle bullying situations when directed at them or their friends.

United Sports Tae Kwon Do teaches World Federation Tae Kwon Do, and is an official member of USA Taekwondo, the National Governing Body of the US Olympic Committee. In fact, six of their students just returned from their National Championships in Michigan. Their coaches are USA Taekwondo coaches and referees, and their Black Belts are sanctioned by the World Headquarters in Seoul, Korea. All Black Belts awarded at United Sports are recognized worldwide for the life of the student. United Sports is pleased to be associated with a program of this caliber.

We know that you and your child will love the added value this program brings to United Sports After-Care. Mr. Fox, the owner of the school, has extended a special offer *exclusively* available to After-Care members.

- Kids age 4.5 and up can participate in a 6-week trial program for **60% off** the regular price and receive a free uniform. \$69 becomes only \$27.60. Visit www.unitedsportstkd.net and use code, "Aftercare".
- All parents will be invited to a **FREE self-defense seminar**. Learn practical and easy-to-learn principles and techniques designed to neutralize non-lethal violent attacks so that you and your loved ones can get home safely. Details forthcoming.

Learn more about United Sports Tae Kwon Do by LIKING them on Facebook at www.facebook.com/LupoTKD.

*Courtesy * Integrity * Perseverance * Self-Control * Indomitable Spirit*