

# THE ART OF LIFE

Martial arts are renowned for helping children develop confidence, as well as physical fitness and coordination. **Luke Thompson**, fifth degree international Taekwon-Do instructor, tells us why your child could benefit from learning this established discipline

**T**aekwon-Do is a Korean martial art founded in 1955 and developed on scientific principles, but it is steeped in Oriental culture. The martial art is based on defending oneself and applying the five tenets of Taekwon-Do (Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit) to all aspects of life.

At Tunbridge Wells Taekwon-Do School, we teach children from the age of three years and above. The class for the youngest age range (three to six years) involves lots of games, which develop balance, coordination and fitness, along with stranger danger awareness, dealing with bullies and the importance of being polite and kind. The older children (ages seven to 13) continue with these themes and improve their fitness, discipline and self confidence.

This increased confidence is not only the best defence against bullies but also helps children with their school work by helping to achieve improved focus, concentration and self esteem, not to mention increased



cardiovascular health, flexibility and muscle tone. The children can progress through the belt system, developing their skills and knowledge on the route to black belt.

Tunbridge Wells Taekwon-Do classes for

children and adults are held in various locations in Tunbridge Wells and are suitable for beginners.

[www.twellstkd.co.uk](http://www.twellstkd.co.uk)



A spring back in your step and hope in your heart  
As we give YOUR child a brand new start!



## By using...

A unique blend of scientifically proven techniques and therapies  
An individualised program for your child  
A program that works with the **WHOLE** family  
A program that fits into your family's unique routines

## We...

Train your family to work with your child  
Utilise and maximise the effectiveness of existing services  
Fast track your child's progress

## Which leads to...

Improvements in the core deficits of your child's autism  
Improvement in your child's key areas such as social, emotional, communication, academic and living skills  
A shift from your child's dependence to their independence

## Which means...

An improvement in both your child and your family's quality of life  
Less of your money spent in the long term  
Hope for your child's future

CALL 01892 597 675  
[www.autism-solutions-kent.co.uk](http://www.autism-solutions-kent.co.uk)