

## **TAE KWON DO    Jack Miller**

Even before we had children, my husband and I knew that the benefits of Tae Kwon Do would be fabulous for children. We had heard from many parents and also read of the benefits of Tae Kwon Do. The evidence had said that it can give children a focus, self discipline, fitness and above all respect for others.

We enrolled Jack when he was towards the end of his kindergarten year, he was 5 yrs old. He was the sort of child that had heaps of energy and unless it was channeled in the right direction he could get up to mischief.

David, Greg and Steven did need to spend half the class telling Jack and some of his mates to keep quiet and follow instructions. I don't think David held much hope of Jack becoming a seasoned Martial Artist. Jack just enjoyed mucking around with the other kids.

Jack enjoyed the classes when he first joined but then after about 12-18 mths he said he did not want to go anymore. My husband and I made a rule that Jack could play whatever other sport he wanted whether it was Basketball, Milo Cricket or something else, but he had to stick at Tae Kwon Do for now. We both knew that we would see results with Jack and part of the self discipline and values that you learn at this sport is the long term commitment and sticking at it for a long time not just for 1 or 2 terms. Sure kids can try out different sports and see what they like but with Martial Arts we knew it was a longer term commitment, more than a footy or cricket season.

Our second son Charlie is at the exact point Jack was a few years ago, he has earned a few belts but is now saying some Monday nights he doesn't want to go. We have the same rule for Charlie, Tae Kwon Do all through the year but he can choose his other sport himself.

Some of the benefits we have seen with Jack over the past 7 years are amazing. Jack is one of the kids who might not score all of the goals at Soccer or may not make the School swimming squad etc. But Jack is now a Junior Black Belt and that is "his thing" he can be proud of. Jack was the first Junior Black Belt at Mordialloc because of his commitment and dedication, even on Public Holidays and School Holidays he goes along happy to put in every week. He is now a very mature 12 year old boy whom takes his Tae Kwon Do seriously and his school work seriously. He really settled down well at school very quickly and I think that Tae Kwon Do had a lot to do with that.

Jack's friends are in awe of him because he is a Junior black belt, and their are people at the club who inspire Jack like Johnny Slocombe. Jack is hoping he may be able to match his record and be the youngest to reach an Adult Black Belt in a few years.

So as parents of three children we would highly recommend Tae Kwon Do for kids, it has heaps of benefits for children and they just see it as lots of fun.

Hello David,

I am writing to you about my son Harry Simpson, the testimonial I promised.

Harry, my 7yo son, has done quite a few after school sports and has participated because his friends were there or has gone along with what I had suggested he do for something fun. He was the same when I mentioned Taekwondo, so off we went to see what it was like after Harry received a free class voucher from a birthday party he attended. Harry was welcomed with open arms and after the first lesson we purchased his suit and he was all smiles, we took lots of photos and sent them to all the family. Everyone was very impressed with the little man in uniform, I had never seen Harry so enthused about a sport before. During the following weeks he mentioned how much he loved taekwondo and asked 'when am I going back mummy', he now knows every Thursday is the day and is very excited each time we go. Whilst continuing Taekwondo Harry was having trouble controlling his emotions and frustrations especially at the end of each school day as he was obviously very tired and grumpy. He would take this out on his family, especially his mother, this was extremely hard to deal with and caused great upset in the household. I was dealing with it the best I could and one Thursday afternoon I nearly broke down in front of David but held my tears back and explained the situation we were all dealing with. David was more than happy to help and took Harry aside for a chat. To this day I do not know what David said to Harry, I didn't ask, but whatever was said it worked. Harry is dealing much better with his feelings and emotions and is treating his family, especially mum, with respect and has become a very loving boy. This is the boy I used to know, I have my Harry back. Thankyou David for your help and support and we are looking forward to many happy times at Taekwondo.  
Karlee Simpson xo.