



BACK TO SCHOOL SPECIAL



CHRISTIAN HERITAGE

TAEKWONDO ACADEMY

DEVELOPING COMMUNITY LEADERS

COST: \$39.00—First month (includes uniform)/\$25 per month thereafter



All classes meet on Tuesdays and Thursdays.

Level: Beginner White & Yellow Belts
Time: 5:15-6:00 PM

Level: Green Belt & Above
Time: 6:00-7:00 PM

HELP YOUR CHILD DEVELOP

- * GOAL-SETTING SKILLS * RESPECT * SELF-CONFIDENCE * BALANCE * COORDINATION *
- * MENTAL FOCUS * LIFE-SAVING SELF-DEFENSE SKILLS *

University studies concluded that Taekwondo training helps raise academic performance through discipline, goal setting, and improved mental focus.*

(903) 593-2702

*A study highlighted on the NIH National Library of Medicine website measured GRIT—growth (G), resilience (R), intrinsic motivation (I), and tenacity (T) and "...found that Taekwondo ability, GRIT, and academic achievement had significant correlations with each other...the higher the Taekwondo ability, the higher the academic achievement and the higher the GRIT." Link: <https://bit.ly/47hG17j>