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Dear Parents,

NEW Taekwondo – Carr Junior School

Unlock Your Child's Full Potential with Taekwondo! We are happy to announce that we are holding a trial session on **Saturday 21st June 9m-10am**, at Carr Junior School. Classes are open to children aged 4years+ in the school hall.

Why Taekwondo?

Taekwondo is much more than just a martial art, it is a dynamic and empowering journey. As a military-based discipline and an Olympic sport, Taekwondo offers a perfect balance of physical, mental, and emotional growth. Here's just a taste of what your child will gain:

- **Self-Defence & Confidence:** Your child will develop practical self-defence skills while building confidence and resilience.
- **Physical Benefits:** Increased fitness, strength, coordination and balance. It's a fun way for your child to stay active and healthy!
- **Cognitive Growth:** Taekwondo helps improve focus, memory and concentration—boosting academic performance and enhancing cognitive abilities. It's not just about physical skills it's about mental growth too.
- **Life Skills & Leadership:** Taekwondo emphasizes respect, discipline and perseverance—values that will stick with your child throughout their life, helping them in school, at home and in the future.

Our Taekwondo Pathway:

Our training sessions are designed to take students all the way up to **Black Belt**. Along the way, your child will learn valuable life lessons and techniques, all while developing a deep sense of discipline and focus. The pursuit of a Black Belt is not just about achieving a high rank—it's about growth, perseverance and setting personal goals that push your child to become their best self.

Class Structure & Affordability:

We understand that parents want both quality and value. Our classes are designed to be accessible and affordable, with low fees and family discounts available. We also keep the need for extra equipment and clothing to a minimum, providing necessary equipment where possible to avoid any unnecessary costs for families.

To book into the trial session on **21st June at 9am**, please email us at **dynamixtkd@yahoo.com** and quote code **CarrJunior** we will send you full information and our booking form. Please ensure that you use this code so that we book you into the correct beginner course.

Dynamix Taekwondo Yok

Courtesy.Integrity.Perseverance.Self Control.Indomitable Spirit