

Parent/Child Taekwondo

Exercising the Mind and Body

Taking taekwondo with your child gives you the benefits of a **fun** and **healthy** activity, as well as a shared experience. This health-centered activity focuses on three kinds of fitness:

- Health-related: decreased body fat, increased muscle mass, increased cardiovascular capacity, increased flexibility;
- Skill-related: balance, coordination, agility, power, reaction time; and
- Mental-related: increased self-confidence, better self-awareness, stronger concept of self control, deeper understanding of communication and the mind-body connection.

You and your child, ages 5-11
Wednesdays, 10:30-11:30 a.m.
Thursdays, 7:00-7:45 p.m.

Location:
Full Cycle Fitness
2200 Northlake Pkwy., Suite #140
Tucker, GA 30084-4037

Class fee: \$50/parent + \$25/child per month
Uniforms: \$30 each (required)

Master Wallace Taylor, a native of British Guyana, South America, began studying taekwondo at the age of 16 in Tucker, Georgia. He currently holds the rank of Sa Bum Nin (Master Instructor, 4th Degree), certified by both the Sumo Dan and Kukkiwon schools, located in Korea; and is an athlete member of the World Taekwondo Federation. His health and fitness background includes a Bachelor of Science degree in Exercise Science with concentrations in Kinesiology & Health, Corporate Fitness, and Martial Arts, from Georgia State University.



KC, age 7, has studied with Master Taylor since May 2008, and received two gold medals at her first taekwondo tournament.

Register NOW!
New classes begin monthly.

Call 770-630-2995 or email mastertaylor@tuckertaekwondo.com



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