

Mind Over Matter

When children are taught to believe in themselves and push through the boundaries of what they thought was possible—to the realisation they can achieve so much more—they become confident and self-aware. Taekwondo does just that. And it's not just for the boys



Not just for the boys

The Korean martial art of Taekwondo encapsulates self-defence, stress relief, mental challenge and competitiveness and is suitable for anyone from the ages of three to 93.

By strengthening the body, it develops self-discipline and inner harmony.

The J H Kim Taekwondo Institute, founded in the '70s by Grandmaster Kim Jae Hun in Boston, US, was brought to Singapore by his protégé, twice US national champion, Santos Rivas. The school believes that a healthy body and mind go hand in hand. The children's programme encourages the setting and achievement of goals—leaving the student hungry for more. The sport becomes increasingly challenging as proficiency grows, but the children learn that with perseverance, they can achieve anything. Girls are also

taking up the sport, as their parents want them to grow up confident and strong.

Emphasis is on the process more than the goal. Instructors pay close attention to the progress of students and offer extra classes if necessary to ensure that students are utilising their full potential. This is implemented with the Passport Syllabus system whereby the child is tested every step of the way, earning a different colour for each step, so that the instructor can precisely gauge the level of expertise.

Taekwondo's structure and discipline can produce dramatic improvements in a child's behaviour—they become stronger without undue pressure and able to operate outside their comfort zone. Parents are often so inspired by their child's newfound focus they take up the sport themselves—sharing the goal of achieving a black belt together as a family.



Taekwondo teaches self-defence and mental challenge

The age-specific curriculum complements each stage of child's development:

- Taekwondo Tots (3-5)
- T-KiDs Level 1 (5-7 beginners)
- T-KiDs All Levels (7-12 more formal)
- Teens Taekwondo (13-16 with emphasis on goal setting, time management, hard work, skill application and self-defence).
- Classes average at 65 per cent boys while adult evening classes average 50 per cent women.
- Even after achieving Black Belt, students continue to practice and learn. There is a very large group of Black Belts, which is unusual for a school, and they run several black-belt only classes.



You're never too young or too old



The J H Kim Taekwondo Institute

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