



We offer several different age appropriate programs.



### **Taekwondo for ages 4-6**

Children aged 4-6 can begin their journey into Songahm Taekwondo through the Tiny Tiger program. The central theme for kids is, "Every kid is a winner, every kid is special." This theme is present in every aspect of Tiny Tiger Taekwondo. Every student is encouraged, there are no losers, as there are with other sports. Tiny Tigers get a jump-start by learning at a young age a basic foundation that carries over into everyday life. In addition to learning punches and kicks, Tiny Tigers learn to listen and pay attention, respect themselves and others, follow instructions, build self-confidence and begin to develop leadership skills.



### **Taekwondo for ages 7-14**

In the Karate for Kids program, children ages 7-14 learn the same skills as the Tiny Tigers, and expand on them. They work on developing responsibility and courtesy, as well as perseverance and leadership. Along with these life skills, they learn self-defense through various Taekwondo techniques and applications. This instills self-confidence in them, while improving their coordination, balance and flexibility. All kids participate; there is no sitting on the bench. While Taekwondo is essentially an individual sport, students also gain the benefits of cooperating as a team. Each student is taught to encourage each other, resulting in a camaraderie and respect among all of the students.



### **Taekwondo for ages 15+ (Adults/Teens)**

Since you're never too old to begin martial arts, Songahm Taekwondo is also great for adults of all ages. Everything learned in Taekwondo class carries over into everyday life. While adults learn various self-defense techniques through kicks, strikes, blocks and forms, they also gain the same self-confidence, respect, personal victory, perseverance and leadership qualities as the younger students. A great form of exercise, Taekwondo works the cardiovascular system as well as develops muscle strength and tone, flexibility, balance and coordination.