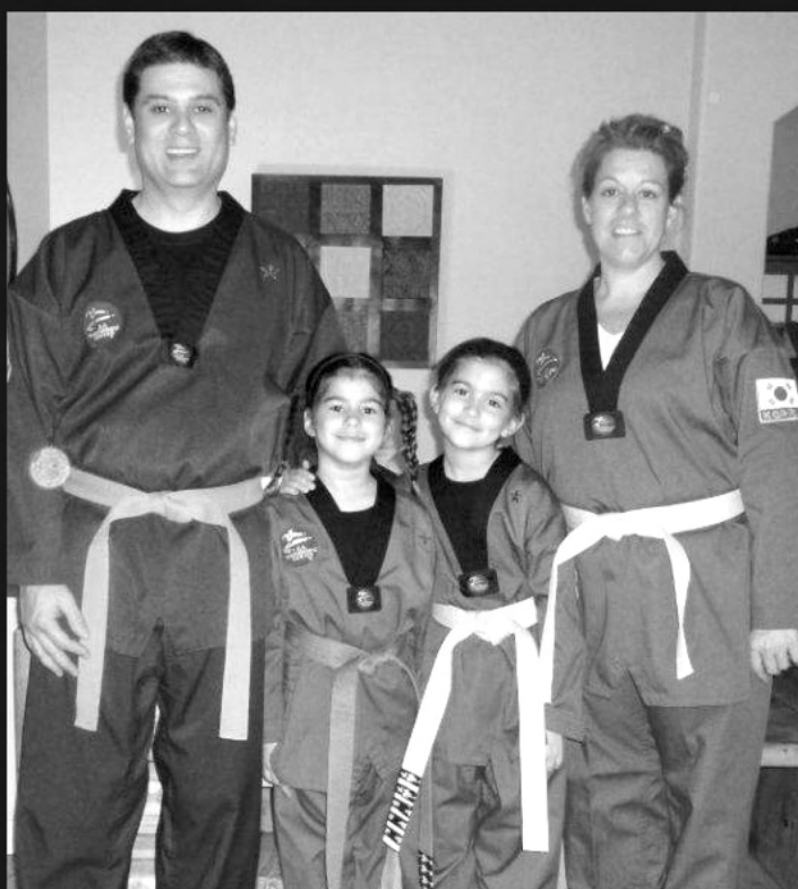




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U.S. National Team Coach Grandmaster Sang Lee

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The Physical and Mental Health Benefits for Family Training in Taekwondo

"The physical health benefits for a family training in Taekwondo have long been known to promote a number of positive results in improved flexibility, balance, stamina, posture, and weight loss.

However, the benefits to mental health for a family training together have equally positive results. As a clinical psychotherapist practicing for over sixteen years, I have seen the positive impact in both my professional and personal life. One of the greatest benefits is the time family members spend training with one another. Together, they can share each other's success in training and the mastery of skills, while providing encouragement and support to work hard and build greater confidence.

Commitment and motivation are key components in Taekwondo training. Research has shown that these are critical skills children need to successfully navigate life's challenges. As the family trains together, the parents are given a unique opportunity to model these skills for their children. Their own journeys towards greater mental focus, increased physical strength and deeper self-discipline often become a spring board by which their children can begin to increase self-confidence, self-esteem, and respect for self and family."

—Trudy G. Wilson, LPC, Clinical Psychotherapist

Benefits for Your Children

- Increased Respect
- Improved Grades
- Better Confidence
- Improved Focus
- Better Discipline

Benefits for Your Family

- Decreased Stress
- Improved Health
- More Family Time
- Improved Fitness
- Self-Defense Knowledge

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