

FEATURE ARTICLE

World Taekwondo - For the whole family



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www.worldtaekwondo.com.au

THE JONAS-CHAPPEL FAMILY

By Alf Jonas – From Prospect Training Centre.

Meet Alf, Lori, Isaac and Rafe from the Jonas – Chappel Family.

All four members of this family have come to World Taekwondo from different directions. Isaac started the ball rolling about 5 years ago with his attendance at Prospect World Taekwondo Centre. Isaac flourished and leapt ahead to his Red belt in just over 3 years and moved up to the adult class.

His dad, Alf, took up World Taekwondo with Isaac only 2 years ago. He is really enjoying the fitness workout and self defence provided through the training sessions. Alf also enjoys the social interaction before and after the sessions.

By day, Alf is just a regular guy who is an Experimental Test Pilot in the RAAF, but with much better flexibility than ever before!

Lori, a senior Tropical Meteorologist with the Bureau of Met, is new to the scene of World Taekwondo. She is a petite lady who has had an interest in doing World Taekwondo for a while, but has been too busy with Middle Eastern, Flamenco and Tango dancing. All that she needed was to be invited to join Alf to a class and she was on her way. She enjoys the fitness and flexibility gained doing World Taekwondo, and the fluidity of movement.

After recently gaining a double promotion to her Yellow belt, Alf's observation of Lori was that she was not only more confident with World Taekwondo but seemed generally more self assured and better able to tackle the world!

Rafe is in year 2 primary school and started his World Taekwondo experience along with his Mum in May 2009. Rafe enthusiastically joins in on the class, which is a great change from sitting in front of the computer. Lori wanted to get him active and be able to defend himself. His favourite kick is the 'Round House' kick!!

