

# FEATURE ARTICLE

## A TOUGH FAMILY FOR TOUGH TIMES



As parents we wanted our children to be part of a sporting community with the benefits of physical and mental activity.

..... She Wanted Physical Fitness,

We Wanted Discipline

By Helen Papageorgiou – World Taekwondo Student in the Salisbury Centre

It was in February '08 that we decided to enrol our son Jimmy in the World Taekwondo program.

As parents we wanted our children to be part of a sporting community with the benefits of physical and mental activity.

World Taekwondo has given him the confidence to persist and push himself beyond boundaries that normal day to day life doesn't.

It wasn't long before I became a part of that community. I wasn't sure if at my age I could do World Taekwondo but the World Taekwondo training system has made it possible for me to ease into the physical side while I built my strength to where I am today - My kids are chasing me now!

Shortly after, Lia my daughter felt ready to join. She wanted physical fitness, we wanted discipline. As a young girl she wanted to be able to look after herself as she got older.

Today my family trains together, attend grading and seminars together and support each other. Where else can a whole family train together in such a time poor society?

As parents we feel it's very important for children to enjoy what they are doing.

World Taekwondo has given my family extra time together while enjoying the benefits of physical, mental and disciplinary development.

June 21, 2009



World Taekwondo

[www.worldtaekwondo.com.au](http://www.worldtaekwondo.com.au)

A Whole Family Activity