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What does a “family-friendly” martial arts class really mean?

Suncoast TaeKwonDo is a traditional Martial Arts school with a focus on self-defense, physical fitness, character development, and personal growth.

A “family-friendly” martial arts class makes being active a group activity, which in turn can make being physically active more fun. Research has proven that participating in fitness as a family helps parents not only spend quality time with their children but also helps children form healthy habits from a young age - habits they will likely take into their own adulthood.

Participating in a Martial Arts program as a family can specifically help strengthen familial bonds, open opportunities for support and encouragement in sports and activities, aid in goal setting (as each family member works towards the next belt rank), and improve overall performance in all team-related activities - whether it be sports or group projects.

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Why should I choose Martial Arts as a family activity?

Our program aims to help students develop real-world, practical self-defense skills while building confidence and self-esteem.

Long-time practitioners of martial arts have demonstrated improvement in muscular and cardiovascular endurance and mental improvement in focus and concentration, in addition to developing self-respect and self-esteem.

The foundation of Suncoast TaeKwonDo's curriculum centers upon the five tenets of traditional TaeKwondo:

- Courtesy
- Integrity
- Perseverance
- Self Control
- Indomitable Spirit

When the whole family can be more physically active together, everyone benefits from forming healthy habits, opening doors for encouragement, reducing stress, and boosting self-confidence.

"Always be yourself, express yourself, have faith in yourself, do not go out and look for a successful personality and duplicate it."

~ Bruce Lee ~

CLASS SCHEDULE

Tuesday
&
Thursday
6-7 pm

Our Motto:
"A family that
kicks together
sticks
together"

HOW TO REGISTER



NEW STUDENT SPECIAL

\$49 Per Person; includes student uniform

Family activities can be expensive - we get it - so we offer incredible discounts to encourage our families to stick together to kick together!

Our new student special of \$49 per person includes a student uniform and allows the entire family to try martial arts for one month - no strings attached.

Afterward, monthly tuition is deeply discounted to encourage the entire family to join.

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