

HanSu Taekwondo training program for

Dynamites

Taekwondo has no age limits and is a very good sport for children especially toddlers (3 to 6 years old) in the development of their biomechanics abilities.

HanSu Taekwondo "Dynamites" program for toddlers is a modified version of traditional Taekwondo that removes the stress on realistic self-defence and comprehensive training aspects of kicking and punching.

The Dynamites program focuses on helping growing bodies to develop basic physical movements required for kicking, punching, blocking and stances.

In addition, the program encourages and reinforces the development of character, self-esteem, concentration, respect and self-control.

Taekwondo is a fun, safe system of self-improvement and personal development that is highly recommended by parents, health professionals and educators.

Children as young as 3 years old begin to experience Taekwondo through initial exposure by being in class and participating in basic activities such as stretching, standing at attention, running and front kicks.

As the child gains confidence, he or she is exposed to other Taekwondo based movements such as punching, blocking, sidekick and turning kicks.

Everyone in class is encouraged to participate even mums and dads who come along to watch their children.

Participation of parents in class helps to build confidence in their children as well as providing parents with a fundamental understanding of Taekwondo movements which they can practice with their children at home.

The other benefits of parent and child participation is that strong bonds are built between the child and their parent providing a memorable event that lasts forever.



Fully accredited with Taekwondo Australia
Member of World Taekwondo Federation



HanSu  Taekwondo™
Taking Fitness Further

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