



Kids Marital Arts Class
Organised by
The Limerick Dyspraxia / DCD Parent Support
Group

IN PROGRESS

PLEASE CONTACT LIMERICK PARENTS SUPPORT
GROUP FOR FURTHER INFORMATION.

Age: 5 years +

This club is open to all children with Motor Cordination
Difficulties.

The aim of the class is to introduce your child to physical
exercise and learning in a friendly, structured environment
while introducing them to Tang Soo Do.

The emphasis in this class is on teaching basic skills and
positive reinforcement. These skills include: Balance &
Coordination, Self Confidence & Self Esteem, Following
Instructions, Self Discipline, Respect for others and
themselves, Energy Release, Learn healthy Habits, Goal
Setting, Train hard and have Fun.

For more information contact:

**Limerick Parent Support Group: 086-237
8266** www.dyspraxiaireland.com