

Tae Kwon Do Classes Come To Glendale

by Mark Smiley

The Glendale Sports Center has added a new program for kids that not only teaches martial arts but emphasizes important life skills. Robert Fejeran has brought the brand of *Tae Kwon Do* endorsed and certified by the *National Martial Arts Alliance* (NMAA). Fejeran of *AscendPro Martial Arts* has his second-degree black belt in *Tae Kwon Do*, has over 20 years of martial arts training, including *Lao Kundo Gung Fu* and *Tai Chi*.

Fejeran has been doing martial arts since he was eight-years-old. In high school, he obtained a black belt. He feels that the style of *Tae Kwon Do* he is bringing to the Glendale Sports Center is great for kids. "When I saw what they did with the kids in their program and integrated the life skills, it was really amazing, their lessons, compar-

ed to the organization I worked with," said Fejeran. "That's what really got me involved with the NMAA."

The NMAA was founded by Master Jody Horn and Mrs. Emma Horn in 2013, with their goal of creating a martial arts organization that offers more than just an affiliation for school owners. NMAA offers curriculum, instructor training, sales training, consulting, tournaments, community, and an all-in-one martial arts school management computer system, *Dojo Solutions*.

Fejeran approached the Glendale Sports Center in March and after a few conversations, the program will be launched on September 13. "We had been looking to add a *Tae Kwon Do* program to the Glendale Sports Center for some time now," said Lynn Taylor, Membership Director at the Glendale Sports Center. "We think this



is a good fit for our members and for the entire community."

The program will be sectioned off into two groups. The *Little Tigers*, ages 4-6 and the *Young Pros*, ages 7-12. "Tae Kwon Do is very good for kids because it is very structured," said Fejeran. "The way that the training is today for *Tae Kwon Do* is that it is very minimalized in terms of hitting. It's become a martial arts sport geared more for kids."

The program will be offered at the Glendale Sports Center, 4500 East Kentucky Avenue, on Tuesdays and Thursdays from 4 to 5 p.m. This eight-week session will focus on engaging youth in the discipline of

Tae Kwon Do. Benefits of this class include increases in self-discipline, listening skills, attention span, focus, and coordination and balance.

Each week children will build their confidence learning life skills such as focus, teamwork, respect, and discipline. They'll gain valuable awareness of their body through coordination, control, and fitness. Parents will feel confident knowing they can safely act when they practice what to do when faced with a bully or stranger.

Members and Glendale residents pay \$99 for the class while the price is set at \$129 for everyone else. For more information, visit www.sportscenterglendale.com.

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