

## TESTIMONIALS FROM PARENTS

We recently acquired the Taekwon Do Colour Belt DVD and my kids absolutely love it. It is a great reference when they are unsure of movements and it gives them the opportunity to practice their patterns at home. They have spent hours not only perfecting their patterns but also reviewing different punching and kicking techniques as well as learning meanings and the background of Taekwon Do. I would highly recommend this DVD to every student and appreciate the ability to help my children at home with the assistance of the DVD.

***Antonella lafrate***

***Mom to Anthony (Green Belt), Nicole (Green Belt), Kyla (White Belt)***

Ever since this Color Belt DVD was introduced to my children Anthony and Sabrina Cucullo, they have done extremely well in Taekwondo. When they first started at the Woodbridge Taekwondo Club in November of 2010 they were at a yellow belt level, now we are in December and they have just received their green stripe on their yellow belt and it's all thanks to this really amazing DVD, it is a great tool to have and there is so much to learn from it and at a quicker pace too.

This Instructional DVD teaches you the proper way on how to execute the moves in their patterns, it teaches you the definitions of each pattern of each belt level, it also teaches you about the history of where it all originated from and everything you need to know about the founder of Taekwondo. It has also taught my children how to execute their moves with great strength and precision. The step by step prompts are without a doubt one of the greatest features on this DVD, before my children begin to learn a new belt level, they can already see how to execute these moves at a slower pace and build up their speed and skills to move on to the next level. They absolutely love it!

There are so many things to learn from the Dojang extras like the Philosophy of Taekwondo, how to bow in, how to tie your belt, punching techniques, stances, turning, 1 step to 3 step sparring, tournament scoring and much more. It even has a Korean Interpreter; it also shows you the web site on where to get more Dojang extras.

It has been a great privilege for my kids to learn from this Instructional DVD, and now my husband and I can help them at home if ever they forget a pattern, we pop in the DVD and work with them side by side and at the same time we are learning too.

I love this DVD and would recommend it to everyone that wants to learn all about the Art of Taekwondo.

Your children will thank you for it.

***Anna Cucullo***