

Help Kids Develop Self-Discipline Without Yelling

5 Days of fun activities and parent tips
to develop self-discipline in kids

TODAY'S TIP

If you have something specific you need your child to accomplish, get it done before lunch. In my experience, everyone's attention span starts to drop after that.

TODAY'S VIDEO

Warm Up Fun:

Forward Roll

Striking Technique:

Correct Punch

Focus Drill

15 Seconds at Attention Stance

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South Austin
TAEKWONDO
PLUS