

# Help Kids Develop Self-Discipline Without Yelling

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

We developed this course to help reduce stress in your home.

Each day, you will review a tip and your child will play along with a video that includes a fun warm-up activity, a striking technique and a focus drill. We will cover why we never misuse TaeKwonDo, how having self-control means you can do anything! and much more!

Have fun with it and be sure to let us know if you have any questions. We are happy to help!

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