

## Free Kids' Safety Workshop Weds. Sept. 16th at 4:30 PM at All NW Schools of Oom Yung Doe

By Oom Yung Doe

Dated: Sep 13, 2009

*Join us for a workshop dedicated to children's safety. Children will learn basic skills to escape from an attacker and ways to avoid dangerous situations. The workshop will last about one hour.*

Join us at the School of Oom Yung Doe for a workshop dedicated to children's safety. Children will learn basic skills to escape from an attacker and ways to avoid dangerous situations. You will also enjoy demonstrations of martial arts skill and ability. The workshop will last about one hour.

Known throughout the centuries as the best way to build a strong mind and body, millions of children have improved their behavior, self-respect, communication, academic performance, and inter-personal skills through correct martial arts training. The patience, determination, and confidence which comes from training and successfully developing these skills can benefit the student throughout his or her entire life.

"...Fitness is vital to good health."

- National Network for Child Care

"...The practice of martial arts leads to positive psychosocial changes..."

- Brad Binder, Ph.D., "Psychosocial Benefits of the Martial Arts: Myth or Reality?", © 1999, 2007

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Kirkland-Bothell  
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Wallingford-Seattle  
4319 Stone Way N.  
206-285-9789

[www.oomyungdoe-nw.com](http://www.oomyungdoe-nw.com)

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Eight martial arts taught as one. Oom Yung Doe teaches how to improve your health and inner peace through correct martial arts movement, herbs, and meditation. Perfect for any age or condition, the longer you train the healthier you get.

Category	Health, Fitness, Sports
Tags	Health, Fitness, Martial Arts, tai chi, kung fu, karate, judo, jiu jitsu, meditation, stress relief
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