

Teen Program – Ages 12-17

Our teenagers face more pressure today than ever before. As parents, we worry every day about the effects on our teens of violence, drugs, pregnancy, STD's, music, the internet, and sexual predators. In the face of all those negative influences, we want our teens to get a good education, have strong self esteem, keep physically fit, and emotionally healthy.

Our taekwondo program at Family Martial Arts Center provides teens with a safe, accepting training environment. Every teen is accepted unconditionally and encouraged constantly. Our instructors are outstanding role models for children of all ages, especially teenagers.

Your teenager will train with instructors and other kids who share the same traditional family values our country was founded on. We provide rigorous physical training with a positive, healthy social environment that reminds teens to say no to drugs and alcohol. The special friendships teens develop here can last through college and beyond.

Two of our recent successful teenage students graduated from high school, and have gone on to a very impressive post-high school experience. Nicole Viens received her 2nd Degree Black Belt at Family Martial Arts Center and graduated from Downingtown High School in 2001. She is about to graduate from the Naval Academy in Annapolis, MD, near the top of her class. Andrew Solomon, also a 2nd Degree Black Belt, is earning his engineering degree at Penn State this spring. Andrew has been hired by a construction engineering firm in King of Prussia. Both Nicole and Andrew attribute at least some of their success to the training, values, role models, and friendships they enjoyed over the years with us at Family Martial Arts Center.

The schedule for Teens is shown below. It is best if students train at least two times per week.

Monday 8:00 PM, Tuesday 7:30 PM, and Friday 6:30 PM

The trial offer link on our home page is also available for teenage students. Please call us at 610-873-3969 to arrange a first lesson for your teenage son or daughter.