

92 | Tae Kwon Do with the Kids

When time is precious, but so is family. And getting daily exercise. And, well, everything else—kick the habit of overextending and consider exercise efficiency your top priority.

Instead of taking the time to drop off the kids at karate class, pick them back up and neglect your own work out in the meantime, try practicing Tae Kwon Do together with Lee's Martial Arts.

"We really believe in bringing the community together by offering a class that teaches respect, self defense, and discipline for kids and adults."

—instructor Lisa Skvarla

Growing in popularity (as well as practicality), Parent-Child Tae Kwon Do classes at Lee's allow you to spend more time with your kids, more time getting in your much needed exercise and less time driving around town wishing you had more time.

And parents, be warned, this is not a spectator sport. No more sitting on the sidelines. In this class, parents and children are

equal participants. The two groups do separate during certain points of the class to hone their skills independent of the parent-child relationship, but they all share the benefits—increased strength, better balance and more flexibility.

"The martial arts provide a year-round activity that truly complements all other sports as well as a healthy state of mind," explains instructor Lisa Skvarla. "And keeping true to the class name, the instruction is actually taught by both kids and adults."

Lisa and husband Joe Skvarla teach the class along with their kids, Kathryn and her younger brother Stephen. Lisa is a black belt and personal trainer, Joe is a black belt, Stephen is an orange belt and Kathryn received first place in the Forms Division at the Washington

State Open. The strength of family unit could never be more apparent (literally and physically) and the each member has been trained under the supervision of Master Tae S. Lee.

"We really believe in bringing the community together by offering a class that teaches respect, self defense, and discipline for kids and adults," says Skvarla.

Inspired by child and adult students alike, the class is the first of its kind for Lee's Martial Arts and a relatively new concept for active West Seattle families. But there's more. Lee's Martial Arts also offers a Cardio Boot Kick Camp as well as a Women's Self Defense class.

So step up to the mat at Lee's Martial Arts, because according to Skvarla, a family that kicks together sticks together.

What:

Parent-Child Tae Kwon Do Class

Where:

Lee's Martial Arts
3270 California Ave. SW
938.3375/935.6000

When:

Tue. & Thur. from 5:30-6:30 p.m.

Price:

Two times per week is \$140/mo; once a week is \$70/mo (price includes entire family)