

Media Announcement

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**Children Develop Good Habits and Gain Self-Esteem Through Tae Kwon Do**  
*Dong's Karate teaches children the benefit of discipline and respect for others*

Richmond, VA - In today's world, children face many challenges, including peer pressure, low self-esteem and identity crisis, to name a few. These challenges can lead to social and physical obstacles for children, including, childhood obesity.

Childhood obesity is a growing epidemic in the United States. According to the Centers for Disease Control, overweight children are at a higher risk for heart disease and Type 2 diabetes. By becoming active, children can reduce their risk for becoming overweight. Activities such as Tae Kwon Do not only get children off the couch and away from video games, but also help increase their self esteem.

Dong's Karate has been helping kids develop good habits and stay active since 1971 in the U.S.A. Grand Master Dong, who holds a 9<sup>th</sup> degree Black Belt, which is the highest level attainable, has been teaching children and adults of all ages the true spirit of martial arts. He encourages his students to help others, which, in turn, increases their own value to others in the community.

"Children learn a lot by participating in Tae Kwon Do," said Grand Master Dong. "Not only do they learn how to be physically active, they also learn how to respect and help themselves and others around them. This helps develop a strong sense of self at an early age."

**Students at Dong's Karate will showcase this newly found sense of self at the 38<sup>th</sup> Anniversary Dong's Martial Arts Tournament on November 7.** Students will compete in forms and free sparring. All the proceeds raised from the tournament will benefit Richmond Children's Hospital Foundation.

"For 13 years the proceeds of this tournament have gone to Children's Hospital Foundation, and we have raised over \$220,000," added Grandmaster Dong. "We are very proud of our students, their parents, families, friends and community for supporting this very worthy cause."

**Dong's School Annual Tournament will be held November 7, from 11:00 a.m. to 1:00 p.m. at LC Bird High School, 10301 Courthouse Road.** Advance tickets are \$5 and may be purchased at any of the four Dong's Martial Arts School locations: **West End**, 747-6166, 8109 West Broad Street; **Midlothian**, 794-0877, 14421 Sommerville Court; **Southside**, 745-3303, 7212B Hull Street Road; and **Chesterfield**, 706-6669, 7056 Commons Plaza. For more information, contact the Headquarters Branch at (804) 747-6166.

Children's Hospital Foundation raises funds for Children's Hospital of Richmond, a resource and provider of specialized medical and therapeutic services customized to meet the specific needs of children and their families. The hospital began as a small clinic in 1917 and now serves more than 7,000 children each year, providing inpatient, day patient and outpatient services for a wide variety of medical conditions. As a result, the hospital relies on support from the community to continue its mission.