



Special Performance by The Piscataway Taekwondo Seniors!! A demonstration of Korean Taekwondo Drills and Forms.

*Tuesday
July 17th
@10:00am*

Piscataway Township's older adults took part in a "Modified Taekwondo Research Study" funded by Dr. Kyoung Kim from Kean University's Department of Physical Education, Recreation and Health. The purpose of this 3 months program is to examine if older adults can improve memory, balance and walking ability. The curriculum was conducted by Grandmaster Park (7th Degree Black Belt) and Master Kim (4th Degree Black Belt) from Sky Taekwondo Kyung Hee University.

Highland Park Senior Center
220 South 6th Ave
Highland Park, NJ 08904



@ Highland Park
Department on Aging

