

# Learning Life Skills While Having Fun and Working Out

If you're looking to get into shape or want to your kids to learn martial arts, you should check out Kim & Cam's Taekwondo Academy in central Parker.

Operated by Master Cameron Weber, with inspiration and guidance from lifelong mentor, Grand Master J.W. Kim, the academy offers classes for just about every age, starting at 3 years old.

As head instructor, Master Cam is a 5th Degree Black Belt who is dedicated to martial arts and improving the lives of students of all ages, especially children.

While the state-of-the-art facility is well known for training youth ages 4 to 12, it also has special programs for 3- and 4-year-olds, as well as adults.

And if you're an adult and want to get in shape, I can't think of a better program. It takes about an hour two to three times a week. The session begins with a warm up, followed by stretching, cardio-focused kicking drills and hand techniques, and ends with strengthening and conditioning exercises.

"It's all encompassing," Cam says. "The hour is packed."

With Master Cam's guidance and the intensity of the workout, you're sure to get in shape in no time. And Cam and his fellow instructors are great folks who lead high energy, fun and unique classes, so I'm sure you'll even have some fun.

Master Cam also is excited about helping young children learn about Taekwondo and life skills. In 30-minute sessions designed specifically for them, 3- and 4-year-olds will go through an obstacle course, focusing on balance, coordination

and other motor skills. They'll also learn life skills, such as respect and manners.

It's all part of Master Cam's vision to educate students of all ages and abilities about the art of Taekwondo and the tenets of courtesy, integrity, perseverance, indomitable spirit and self control inspired by world renowned Taekwondo Masters.

The academy also is one of the few martial arts programs in the nation that is proficient in both World Taekwondo Federation (WTF) and International Taekwondo Federation (ITF) styles of the traditional martial art.

If you are the least bit curious, check out the 5,000-square-foot, state-of-the art training space at 10490 N. Dransfeldt Road in Parker. It's across from the Parker Fieldhouse and next to the Honey Baked Ham store.

If nothing else, you'll get to meet Master Cam, who is an inspiration and all-around good guy. Although his studio hasn't been open that long, he hasn't hesitated to jump in and help the community.

For example, the studio held a diaper drive for Rocky Mountain Diaper Depot and collected coats, mittens and hats for The Gathering Place during the holidays. Each month, 100% of the proceeds from the "snack box" are given to a specified charity. In April 2015, proceeds go to the Children and Nature Network, a nonprofit with the mission of giving every child in every community a wide range of opportunities to experience nature directly and reconnecting children with nature's joys and lessons, its profound physical and mental bounty.

The studio even gives a couple of scholarships to youth each year and has incredible deals, like the Spring Break Special of one free private lesson and two free weeks of group classes.