



BIORN CLUB

AUGUST 2025
NEWSLETTER

Celebrating families with special needs kids!

Sign up now
for Aug club
gathering!

WHAT PARENTS SAY

“The Taekwondo session was really fun! 🥳 It was nice to chat with other parents and enjoy some yummy food together. We had a great time!”

“A great party where kids can get some exercise, while parents have a chance to mingle!”

“I love that we were split into younger and older teens groups, that my son could warm up first before joining the big group. Thanks to all the Gor Gor, Jie Jie, aunties and uncles who played with my younger boy, I could spend time with my elder son. We enjoyed it!”

LOVE MALAYSIA

Drawing & colouring
contest
song & dance
DIY Wau craft
Traditional games
Singing competition

17 August 2025, Sunday
10am-12pm
Venue: 5A, Jln Idaman 9/1,
Taman Nusa Idaman,
Iskandar puteri, Johor



Further enquiries
WhatsApp +60 11-2185 5778

Scan QR
to register



Further enquiries
WhatsApp +60 11-2185 5778

A circular inset image showing a pair of hands gently touching and shaping sand in a tray.

Sandplay Therapy

Healing beyond words

- ✦ For children and adults
- ✦ Safe, non-verbal expression
- ✦ Helps with trauma, anxiety, grief & more
- ✦ Supports emotional healing & self-growth



A gentle, creative therapy using sand, miniatures, and imagination to explore emotions that words cannot reach.

*Let your inner world speak
- one scene at a time.*





INCLUSIVE TAEKWONDO

with Master James

July Report

Kicking Through Limits

Taekwondo for Special Needs Children was back on July 13th by popular demand!

We were thrilled to welcome not just our regular buddies, but also a few new faces joining us for the very first time.

The session began with a round of self-introductions. Some children spoke boldly into the microphone, while others, though a little shy, gathered the courage to speak — each one cheered on with warm applause.

Our Taekwondo Master, James Choi, kicked off the session with warm-up exercises.





With great anticipation, the children followed — stretching, walking, and light running — before moving into the fundamentals: squatting, punching, and kicking.

These moves may seem simple, but mastering them takes focus, energy, and determination.

While the teens immersed themselves in training, the younger ones engaged in fun and purposeful games designed to improve focus, arm strength, and balance through playful kicking.



Some children became frustrated when they couldn't hit the target or got distracted. But the magic moment? When the parents step in — patiently guiding, gently encouraging, and standing by their children to try again.

When a child finally hit the goal, the proud cheers and glowing smiles from their parents lit up the room. For those families, that joy made every effort worth it.



Meanwhile, parents of the teens joined in the training or connected through light conversations — sharing laughs, parenting tips, and heartfelt encouragement. These moments of support and community are what make Biorn Club so special.

Of course, no Biorn Club event is complete without food! After the session, everyone gathered to chat over snacks, sharing stories, experiences, and the joy of yet another meaningful weekend.



A community effort worth celebrating!

Programs like these are only possible through the generosity and support of those who believe in inclusion and empowerment. We want to extend our heartfelt thanks to **Mr. Yu Jeat Xiong, Ahli Majlis Zon Austin Duta (Local Council Member of Austin Duta Zone)**, for generously sponsoring the use of the hall at Taman Daya, JB.

Despite his busy schedule, Mr. Yu took the time to visit us in person — a gesture that meant a lot to our team and families. His presence, along with his family members, was not only encouraging but deeply meaningful.

Mr. Yu spent time speaking with several parents, listening attentively and showing genuine concern for the children.

Through these conversations, he expressed admiration for the uniqueness and potential of each child, reminding us how valuable it is when community leaders take the time to truly understand and care.

This is more than just a Taekwondo class. It's a movement — of growth, strength, and belonging. Together, we're building a community where every child gets a chance to shine!

Inclusive Taekwondo

- we welcome all special needs children aged 6-18 years old
- siblings who are non-special needs are welcome to join too.



Training venue :
Biorn Clubhouse,
Sunway Citrine Hub, Johor Bahru.
Training time :
1 session per week
**purchase of taekwondo uniform is
required.*



Further enquiries
WhatsApp +60 11-2185 5778



Introducing our Special Needs Taekwondo Master - James Choi

We are proud to introduce Master James Choi, the dedicated instructor behind our Special Needs Taekwondo program.

Master James currently serves as the **Chairman of the Johor Bahru Branch of the Korea Taekwondo Association** in Malaysia (2025).

He holds a **Level 5 Black Belt Certificate** from Kukkiwon in 2024. Passionate about inclusive martial arts, he completed the **Level 3 Disabled Taekwondo Master Qualifying Course** at Kukkiwon's International Taekwondo Academy in 2025, as well as the **Level 3 International Taekwondo Master Qualifying Course** in 2020.

Before moving to Malaysia, Master James taught Taekwondo for several years at a private school in South Korea, where he successfully trained over 80 students to achieve black belt status.

With his deep expertise, international certification, and heartfelt commitment to empowering every learner, Master James brings both skill and compassion to every session he leads.

Join our Special Needs Taekwondo Class!

We offer both 1-on-1 sessions and small group classes (3 students max), providing a focused and supportive learning environment tailored to each child's needs.

Classes are available on Tuesday to Friday afternoons, at Biorn Club. To ensure accessibility for all families, we keep our programs affordable.

Contact Rachel at 011-2185 5778.



Why Taekwondo for Special Needs Kids?

Taekwondo isn't just about kicking and punching — it's about building the whole person. For individuals with special needs, Taekwondo offers powerful benefits that go far beyond the physical.

In one study, 30 children with autism involved in either martial arts and/or Kinesiotherapy experienced significant improvements in language, social communication and cognition, as well as less hyperactivity, temper tantrums, longer attention spans, better sleeping patterns and greater independence.¹

Sources:

1. <https://novakdjokovicfoundation.org/children-with-special-needs-benefit-and-martial-arts>
2. <https://novakdjokovicfoundation.org/children-with-special-needs-benefit-and-martial-arts/>

Another study found that children with Autism Spectrum Disorder showed significant improvements in postural control after just eight weeks of Taekwondo training.²

The conclusion? Martial arts boosts self-regulation, goal-setting, and connection — making a huge difference for children with special needs.

The Benefits of Taekwondo: Much more than just another sport!

✔ Physical Benefits:

Improved motor skills: Boosts coordination, balance, and muscle control.

Enhanced flexibility and strength: Physical drills develop endurance and resilience.

Better body awareness: Helps children understand and control their body movements.

🤝 Social Benefits:

Sense of belonging: Children feel included and seen within a community.

Better communication: Encourages interaction, eye contact, and verbal expression.

Greater social confidence: Helps children engage more openly and build friendships. Progressing in skills builds pride and confidence.

🧠 Cognitive & Behavioral Benefits:

Improved focus and attention: Structured, repetitive drills help with ADHD and similar challenges.

Boost self-discipline and patience: Children learn to follow instructions, take turns, and persevere.

Higher self-esteem: Progressing in skills builds pride and confidence.

Improved sleep and reduced hyperactivity: Regular physical activity promotes calm and routine.

Reduced anxiety and stress: Achievement and movement release tension and build emotional strength.

Coffee mornings

Concerned about your children's growth & progress? Come schedule a chat with a certified therapist to air your concerns, and identify solutions for your children's & family well-being

What to expect ?

- session is conducted as a 1-1 session or as a small group of 2-4 persons.
- conducted by a certified therapist
- each session will be 30-45 minutes
- If you need more time, you can choose to book 2 sessions on the same day, depending on availability

Further enquiry.

Whatsapp +60 11-2185 5778



**BIORN
CLUB**



P

lay, relax, take a break and connect with other parents

L

Laugh ! Share the joy...Laughter best medicine

A

Air it out ! Vent, cry, chat....and more

y

ou matter !

- *Limited to 8 pax only
- *Exclusive for parents who have joined our activities/programmes at least 2 times.
- *Pay at your free will.





TRANSFORMING ANGER THROUGH ART

Clay Workshop

Clay offers a powerful, hands-on approach to managing anger.

Use the healing properties of art to express what words often cannot.

Kneading, shaping, and molding clay transforms emotional turbulence into calm, focused energy.

Workshop Highlights

- A therapeutic and creative outlet for emotional expression
- Open to everyone aged 12 and above, especially beneficial for teenagers with ADHD.
- Small, supportive group setting – limited to a maximum of 4 participants for personalized attention.

*Turn anger into Art.
Heal through your hands*



Further enquiry.
Whatsapp +60 11-2185 5778



Let's
Move &
Sing!

Join us
now!

MUSIC & MOVEMENT

- 12 sessions
- 50 mins per session
- Special needs children
- Interactive hands-on activities
- Boost self confidence and expression
- Improve rhythm, imitation skills, and social interaction
- Enhance physical coordination and body awareness



FURTHER ENQUIRY
WHATSAPP +60 11-2185 5778





Biorn Club:

Where every child & parent feels valued and celebrated!

- We are a supportive and inclusive community for **families with special needs.**
- We understand what it's like to live with loved ones with special needs. ***We are special too!***
- ***Our goal is*** to create a place where:
 - Every child feels loved
 - Every parent feels supported, and
 - Everyone finds a true sense of belonging.

Our Mission:

- ***To provide*** children with special needs a space where they truly belong, and
- ***To empower*** parents by sharing experiences, resources &



COME JOIN US as a...

✓ **A Sponsor**

✓ **A Volunteer**

Considering being a sponsor?

Contact Rachel
(+60 11-2185-5778)
for details, or scan
QR code:



We are looking for sponsors (personal and corporate), so we can keep this monthly gathering affordable for all interested families.

Would you consider:

- ✓ Sponsoring a gathering (food and/or venue), or
- ✓ Sponsoring a low-income family to attend?