



Joon has had a lifelong passion and interest for sports, exercise, and physical education. He started Taekwondo when he was 5 years old; participated in numerous sports camps as a youth; played varsity tennis, soccer, and cross country in high school; and participated in powerlifting and Olympic lifting competitions during his collegiate years. Joon is a sports coach, NASM Certified Personal Trainer, and third degree Tae Kwon Do practitioner with 10+ years of experience with a B.S. in Exercise Science from Rutgers University. His

coaching experience includes Tae Kwon Do instructor, youth sports coach, camp sports specialist, and personal trainer specializing in personalized programs. He currently teaches tennis, basketball, soccer, baseball, volleyball, and flag football. Joon enjoys working with beginners, athletes of all skill levels, or anyone who is seeking to discover a passion for exercise and sports. Joon teaches sports specific training programs, personalized one on one training programs, and youth athlete Bootcamp programs.

Joon Ko



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