



07759 821 809

All levels welcome
No experience necessary



Learn the dynamic Korean martial art of TAEKWON-DO

Develop explosive Power, Fitness & Strength

4 week summer trial for £25

Every Monday from 25th July - 15th August
The Winchester Hall, The Turks Head, TW1 1LF

6.00pm – 7.00pm - TaekwonKids (7-13 yrs)

6.30pm – 8.00pm - Adults (14 yrs +)

Our TaekwonKids class is a high energy, fun class that is specifically designed to help increase a child's self confidence, focus & awareness.

Our Adult class will give you the chance to get fit in a fun environment. As well as developing your core stability you will learn one of the most powerful and effective martial arts.

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 www.twickenham-taekwondo.co.uk

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