

UNITED KINGDOM TAEKWON-DO COUNCIL

FITNESS & SELF DEFENCE CLASSES

TAEKWON-DO

FOR KIDS (5YRS+), YOUTHS & ADULTS



TAEKWON-DO - the worlds most popular martial art taught by the UK's leading Taekwon-Do organisation. Ideal for all ages (9 years+).



ACTIVE TIGERS for boys and girls aged 5-8 years is the fun and safe Martial Arts training programme that will help improve their fitness, self confidence, self discipline, coordination, flexibility, and teach them effective self defence skills.

Buckley	Buckley Leisure Centre	Monday 7.00-8.00pm
Buckley	Hawkesbury Comm. Centre	Friday 7.15-8.15pm
Higher Kinnerton	Kinnerton Village Hall	Saturday 9.45-10.45am
Mold	Parkfields Comm. Centre	Saturday 12.30-1.30pm

All Instructors are fully qualified and insured to teach and have also completed an Enhanced Disclosure/DBS check.

Limited spaces available. Book your FREE TRIAL LESSON online now at

WWW.UKTC.CO.UK

or phone 01786 845060

FREE TRIAL LESSON



LITTLE TIGER CUBS CLASSES FOR 3-5 YEAR OLDS OVERLEAF



THE FUN
MARTIAL ARTS
TRAINING SYSTEM
FOR CHILDREN 3-5
YEARS OLD



- 🐾 Learn Through Play
- 🐾 Improve Balance & Co-ordination
- 🐾 Develop Flexibility & Learn Respect
- 🐾 Increase Self Confidence
- 🐾 Learn Basic Self Defence

Buckley	Buckley Leisure Centre	Mon 6:15 - 7:00pm
Buckley	Hawkesbury Comm. Centre	Fri 6.30pm-7.15pm
Higher Kinnerton	Kinnerton Village Hall	Sat 9.00 - 9.45am
Mold	Parkfields Community Centre	Sat 11.30am - 12.15pm

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TAEKWON-DO CLASSES FOR ALL AGES (5 YEARS+) OVERLEAF

