



TAEKWON-DO

Located in Dominic's Community Centre 60/60a Avonbeg Gardens

Make Friends For Life

BEGINNERS ALWAYS WELCOME

CALL COUCH, FACEBOOK PAGE TO REGISTER



Jonathan: 089-2104080

**ENROLLMENT
9TH
SEPTEMBER**

6yrs-11
JUNIORS
Tuesdays
5.30pm - 6.30pm

**TAEKWONDO
CLASSES**



Full membership of INTA & ITF



About Coach



Over 40 Years Experience , a 4th Degree ITF Blackbelt,
Trainer to World ITF Taekwondo Champions,



LEARN NEW SKILLS

Self Discipline • Strenght • Flexibility • Agility