

Edu Kwondo

Finally, This is What Everyone is waiting for

Edu kwondo is one of the most dominant Enrichment programs for all age groups. 4 & up
It is educational, A total body workout, self-defense, self-control, injuries avoidance,
Olympic-style training, and promotional.

CLASSES: Tuesdays, 5:00 pm to 8:00 pm (1 hour for each class)

Saturdays, 10:00 am to 2:00 pm / 6:00 pm ~ 7:30 pm

Edu Kwondo House of Discipline is at 967 Newell Ave, Norfolk, VA 23518

(inside Living Water Building)

EDUCATIONAL TAEKWONDO

Classes scheduled by age group for Men, Women, and Children

Registration & Information : 347 558 0509 / 757 777 1350

About Master Richards: 2 times Hall of Famer in Martial Arts; Bachelor's degree in Exercise Science; Certify Specialist for Children, Adolescents, and Older Adults Fitness Program from National Academy of Sports Medicine NASM; Best Master Award in 2011; Founder and Chief Instructor of Edu-kwondo The Educational Tae kwondo; Over 45 years of Professional Coaching and Training. A

Taekwondo Pioneer.

WE SPECIALIZE IN TEACHING RESPECT, SELF-CONTROL, and DISCIPLINE