

# 跆拳道

# Tae Kwon Do (ITF)

- ▶ Start learning a traditional martial art
  - ▶ (Direct lineage to founder General Choi Hong Hi)
- ▶ Learn to defend yourself
- ▶ Be more flexible
- ▶ Build confidence
- ▶ Age 5+

**PHOENIX**  
TAEKWON-DO

Peterborough



Free trial / free initial lessons (1 month)

Syllabus provided (Grade up to Black belt and beyond!)

Classes at: Hebden Dance school, One Retail Park, Peterborough, PE1 4YZ

 "Peterborough Tae Kwon do ITF" group on nextdoor.co.uk

 WhatsApp QR Peterborough TKD enquiry  
- remember to say "hello"

  Juinn's Tae Kwon Do

 07956 874 188



태권도