

WHAT IS TAEKWONDO?

Taekwondo teaches more than just physical fighting skills and defensive techniques. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind.



As an art, taekwondo focuses on a combination of combat techniques and self-defence as well as being a good form of exercise and entertainment.

Taekwondo is taught as an Olympic Sport, Traditional Art and a form of Self Protection.

Taekwondo is ideal for all ages and a fantastic way of building Confidence.

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