

Wtf Olympic Taekwondo Classes including unarmed self defence and knife defence tr



Location **South West, Hampshire**
<https://www.freeadsz.co.uk/x-167870-z>



WANTING TO KEEP FIT OR JUST GOING OUT AT NIGHT? WHY NOT LEARN SOME SELF-DEFENCE? Taekwondo is a Korean martial art similar to Karate. Learning a martial art teaches a person self-control, perseverance, and respect for others, as well as giving the confidence and ability to look after oneself. Our training also includes unarmed self defence techniques and unarmed defensive techniques against a knife attack. Exactly what you need if you are in the unfortunate position of needing to defend yourself or your family and friends. All our instructors have Korean recognised Black Belt qualifications, have BTCB membership and insurance, and have current CRB clearances. Classes in Portsmouth are on Tuesday and Friday evenings from 1830 to 2000. For more information, please ring Paul Barker on 07554 369197. Search for our south coast website using BTS.



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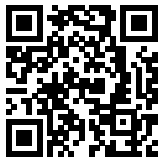
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