

# Free Taekwondo lessons



Location

**South West, Hampshire**<https://www.freeadsz.co.uk/x-249385-z>

Free Taekwondo lessons, for any new members.

Enjoy Learn Achieve

Ideal for children who need to release energy!

Fun &amp; effective self defence!

Helps to improve fitness &amp; self confidence!

We are running classes 3 evenings a week Monday, Tuesday &amp; Wednesday in different venues

We run 3 classes each day 2 for children and 1 for adults

We invite students from 4 years old to 99 years old of any fitness levels.

We give a free uniform when you join.

All our staff are fully qualified and CRB checked and first aid certified.

Our instructors are experienced, fun to work with &amp; professional.

Our Taekwondo club has been running since 1998.

We teach the traditional form of martial arts (ITF).

<http://facebook.com/tkdsouth.schools><https://twitter.com/TkdSouthSchools><http://www.tkdsouth.co/>

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