










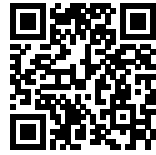
Self DefenceTaekwondo



Location **East Midlands, Northamptonshire**  
<https://www.freeadsz.co.uk/x-249516-z>



Are you interested in self defence lessons.I run a Taekwondo club in Wellingborough,from ages 6 upwards. For confidence building,general fitness and self defence. Taekwondo could be what you are looking for,what have you got to loose,give it a go. First lesson free. Qualified instructor,2nd degree black belt. Contact Brendan on 07881856157 Our website [www.whitetigertaekwon-do.co](http://www.whitetigertaekwon-do.co)

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