



NEW FOREST TAEKWONDO

New Forest Taekwondo

LEARN THE KOREAN ART OF SELF DEFENCE

Helps develop confidence, balance, co-ordination, strength and agility. Mixed ability classes in **Brockenhurst, Hordle, New Milton and Sway.**

KIDS 4+

JUNIORS 8+

ADULTS 12+

Former British Champion, Nic Reed, is a fully qualified instructor and 4th Degree Black Belt. DBS checked. Full class listings, times and venue details at newforesttkd.co.uk



FIRST LESSON
FREE
with this flyer

NEW FOR 2019
Kids' and Junior
classes starting in
Hordle every Monday
at 4.30pm & 5.15pm



To book onto a class call Nic on: **07974 397434**
or email: newforesttaekwondo@gmail.com



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