Learn Taekwon-Do

A **modern martial art** for all ages

SPIRIT
TAEKWON-DO

Self Defence, Fitness and Fun

A series of four one-hour classes, **exclusively for beginners** in a safe and friendly environment. Lessons include basic blocking, striking, kicking, self-defence and Taekwon-Do etiquette.

The Beginners Course is suitable for both adults and children (aged 7+).

Come as a family! It costs only $20 per person, or $30 for a family

At the end of the Beginners Course you will be welcome to join any one of the Spirit Taekwon-Do schools, where your training in Taekwon-Do can really take off!

We have schools operating in **Karori, Kelburn, Thorndon and Brooklyn.**

See our website for up-to-date information, or alternatively phone **0800 SPIRIT**.

http://spirit.net.nz/beginners

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