



SOME OF THE BENEFITS

- **LOSE WEIGHT**
- **AEROBIC FITNESS**
- **LEARN PRACTICAL SELF DEFENCE**
- **BUILD SELF CONFIDENCE**
- **SELF DISCIPLINE**
- **BE PART OF A FRIENDLY AND FUN LOVING CLUB**

**COME AND SEE FOR
YOURSELF HOW
LEARNING
SELF DEFENCE CAN
BE FUN & PRACTICAL**

TAE KWON-DO

Keep Fit, Learn Self Defence



**CHILDREN AND BEGINNERS
OF ALL AGES WELCOME**

TAE KWON-DO CAN HELP WITH:

- **LACK OF SELF DISCIPLINE & SELF CONTROL**
- **NEGATIVE ATTITUDE AND HABITS**
- **CONCENTRATION PROBLEMS**
- **BULLYING**
- **SHYNESS**

**Your trial lesson is free
and we have special
family rates that include
unlimited training!**

**Lessons are given
by Master Tony Farr
4th Dan and current
World Champion**



**For More Information Contact Master Tony Farr on
01600 716119 or 07966 222647
Visit our Website at www.monmouthtkd.co.uk for
training times, venues and more information**