

# FIRST TAEKWONDO

## Henley Beach

**Fulham North Primary School Gym**

**Tuesday 6:30pm - 7:30pm**

**Thursday 6:30pm - 7:30pm**



Book your free  
trial lesson

## West Croydon

**Kilkenny Primary School Gym**

**Wednesday 6:30pm - 7:30pm**

**Saturday 10:00am - 11:00am**



Beginners Welcome  
from 5 years of age



- ❖ Self Defence
- ❖ Fitness
- ❖ Concentration
- ❖ Self-Discipline
- ❖ Flexibility
- ❖ Self Confidence



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*15 Training venues throughout  
South Australia*

