

FITNESS ★ FLEXIBILITY ★ CO-ORDINATION ★ SELF-CONFIDENCE

태권도

# TAEKWON-DO

SELF DEFENCE KOREAN MARTIAL ART

**GROUP CLASSES / INDIVIDUAL INSTRUCTION**  
**FOR CHILDREN (6+) & ADULTS**  
★ **BEGINNERS WELCOME** ★

**THE WORKHOUSE SPORTS CENTER**

POPLAR HIGH STREET  
LONDON  
E14 0AF



**WEDNESDAY**  
8:00 - 9:30PM  
**SATURDAY**  
1:30 - 3:00PM

TUBE:  
**CANARY WHARF**  
DLR:  
**POPLAR**  
BUSES:  
**15, 115, 277,  
D7, D6, 108**

FOR FURTHER INFORMATION CALL NOW

**07817021394**

OR

E-MAIL US AT:  
**BULLDOG@TKDIMPACT.COM**

VISIT OUR WEBSITE:  
**WWW.BULLDOGTKD.COM**

\*SELF DEFENCE COURSES FOR WOMEN CAN BE ORGANISED ON REQUEST

AFFILIATED TO:

