

Why Choose World Taekwondo Academy?

Our Unique Training System Exclusive to World Taekwondo

- ❑ Tone your muscles
- ❑ Be strong
- ❑ Develop agility & speed
- ❑ Learn self defence
- ❑ Improve your flexibility
- ❑ Increase your stamina
- ❑ Relieve your stress
- ❑ Gain confidence

TRADITIONAL TRAINING

Security and peace of mind. Our traditional training system will help you discover strength you never dreamed possible. You will become **stronger**, more alert and develop **extreme confidence**.

KIDS TAEKWONDO

Our Kids Taekwondo Program is for girls and boys 5 years and up. **Great fun, Self-discipline, confidence and self-esteem.**

SELF DEFENCE

Our carefully selected movements closely resemble the real life situation. We teach **effective techniques that work on the street and at the gym.**

OLYMPIC STYLE TAEKWONDO

Develop fast attacking and powerful blocking techniques and learn indefensible counter attacking skills. Our Sport Taekwondo classes focus on skills that will give you the winning edge.

CAN ANYONE DO IT?

- ❑ **YES!** ♀ & ♂ of all ages and fitness levels.
- ❑ No need to be flexible, slim, fit or strong to start.
- ❑ You will be with people of similar age and interest.
- ❑ If you are currently doing another martial art we can help you make the switch to World Taekwondo easy.

HOW TO CONTACT US?

Tel: 0412 909 500
0412 965 905

email: info@worldtaekwondo.com.au

Web: www.worldtaekwondo.com.au

FITNESS

Strengthen your muscles and reduce fat through our dynamic training program. We have the tools and the know how to help you develop **excellent fitness**.

Learn how to **develop your internal energy system (KI)**. We have a unique blend of exercise routines designed to improve your breathing and relaxation techniques.

BLACK BELT

International recognition. Our ranking system is designed to exceed international standards. Our belt promotion system is a true symbol of achievement and reward for genuine effort. Certification by the World Taekwondo HQ in Korea.

FUN, EXCITEMENT, CHALLENGE

We offer an exciting **training experience**. Attend one of our classes and experience **the thrill**.

Beginners Welcome

CITY & SUBURBS

