

BRIDGNORTH TAE KWON-DO

*Martial arts focused on self defence
For children aged 5+ and adults
Improves fitness & stamina
Teaches discipline & respect
Builds confidence & resilience
Male & female instructors*



**MON & THURS 7-8PM
CASTLEFIELDS
SCHOOL**

07866 922 464

bridgnorthtaekwondo.com

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With Anna Bradford (2nd Dan) & Gary Plant (5th Dan)