

**AUTHENTIC** 

## TAEKMIN-III

THE KOREAN ART OF SELF-DEFENCE

suitable for men, women & children

ALL TAEKWON-DO PEOPLE WELCOME

CAN RETAIN BELTS AND TRAIN



AUTHENTIC TAEKWON-DO NOWRA





Physical & Mental Improvement

Stress Management (Meditation)

Tournament Training

Self-Control • Weight Loss





## **UNITING CHURCH NOWRA**

29 Berry Street (Cnr Junction Street)

Tuesday + Thursday 6pm - 7pm

For further details phone

ADAM 0490 185 855