



## United Taekwondo Holy Trinity Primary School

Taekwondo is an effective and fun martial art that can build children's confidence, coordination and respect for people and possessions. The children who participate in the Holy Trinity after school Taekwondo program will practice effective and practical self defence skills and gain strength, flexibility and social skills. They will do partner empathy exercises and even experience basic meditation in a safe and friendly environment.

**This is an ideal time for parents to expose their children to a wonderful physical activity. Combine it with after school care for easy pick up!!!**

**TAEKWONDO on WEDNESDAYS**

**3.15pm to 4pm in the school hall**

**SPECIAL JOINING FEE FOR TERM 3 - \$180**

This includes membership, insurance, a full uniform and training for the rest of the term. Subsequent terms are only \$120.

**First class is FREE!**



If your child would like to give Taekwondo a try, please contact Instructor Sharon on 0401 476 050 or email [utkdcanberra@grapevine.com.au](mailto:utkdcanberra@grapevine.com.au)