



Free sessions to improve your child's confidence and self-esteem

Martial arts aren't just about kicking and punching, we help children develop the tools to build their confidence and self-esteem, and achieve things they never thought possible.

And all whilst making new friendships and improving their social skills, memory and co-ordination. We also help them learn to –

- Be polite and courteous, and have respect for others and themselves
 - Be honest and have good integrity
- Have good self-control, which allows them to make good decisions in difficult situations
- Persevere to finish the things they started, refuse to quit when the going gets a little tough.
- Have courage and bravery to move out of their comfort zone in order to grow.

We have been teaching children in Shaftesbury for over 3 years to be the best version of themselves. We are offering free taster sessions for Children, Teens and Adults during July, to come and try Tae Kwon do. Our tenets are courtesy, integrity, self-control, perseverance, and indomitable spirit, alongside the benefits that being more physically active can bring. Martial arts are not just self-defence and definitely not 'fighting'. If you want to find out more or book a place on the free trial, please email Shaftesburytkd@gmail.com or call 07888 844115.