



# Cobras Tae Kwon Do

- Have you ever thought of trying a martial art?
- Looking for a different way to improve fitness?
- Why not give it a try in a family-orientated club?
- Our classes teach self-defence, high kicking and punching; however, more importantly they teach life skills including courtesy, integrity, perseverance, self-control and indomitable spirit
- All ages and skill levels catered for
- The first 2 weeks are free!

**New Beginner's Class starting on Saturday 5 November at 09.30-10.30am in the Middle School Hall, St Barnabas CE First & Middle School, Drakes Broughton WR10 2AW**



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