

Self DefenceTaekwondo



Location **East Midlands, Northamptonshire** https://www.freeadsz.co.uk/x-249516-z



Are you interested in self defence lessons. I run a Taekwondo club in Wellingborough, from ages 6 upwards. For confidence building, general fitness and self defence. Taekwondo could be what you are looking for, what have you got to loose, give it a go. First lesson free. Qualified instructor, 2nd degree black belt. Contact Brendan on 07881856157 Our website www.whitetigertaekwon-do.co

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