

We offer you a uniquely balanced and dynamic training that combines traditional martial arts techniques, with the modern sport of Olympic style Taekwondo.

First we make sure you learn the right techniques, then we help you master each technique by carefully correcting every wrong move you make. In short time you will be able to deliver devastating combinations.

### Choose World Taekwondo because..

You only pay for the training, not for the training facility.

We offer safe training with experienced instructors.

Our instructors are helpful and friendly.

You have access to a large network of training centres.

You will learn effective self-defence for any situation.

Our training is stimulating for your mind and body.

You get personalized training from day one.

Our Instructors are internationally qualified.

To find out why we are one of the most respected schools of martial arts visit one of our training centres today

**OBLIGATION FREE.**

Find a class near you, visit  
[www.worldtaekwondo.com.au](http://www.worldtaekwondo.com.au)

### Beginners Welcome

Enrolment Information

0412 909 500 or 0412 965 905

[www.worldtaekwondo.com.au](http://www.worldtaekwondo.com.au)  
[info@worldtaekwondo.com.au](mailto:info@worldtaekwondo.com.au)

**Confidence ~ Fitness ~ Self Defence**

[www.worldtaekwondo.com.au](http://www.worldtaekwondo.com.au)

**Fit Body ~ Fit Mind**

[www.worldtaekwondo.com.au](http://www.worldtaekwondo.com.au)



### Simply The Best

Simply excellent training by professional Instructors with experience you can trust.

#### No Risk

Value for Money  
Guaranteed results from day one  
Safe supervised training  
Friendly environment  
Enrol today you will be glad you did

- Improve your well-being
- Feel safe
- Reduce your weight
- Improve your flexibility
- Get stronger
- Boost your fitness
- Define your muscles
- Eliminate your stress

**Modern Taekwondo ~ Traditional Training**

[www.worldtaekwondo.com.au](http://www.worldtaekwondo.com.au)

# Benefits of World Taekwondo

After only a few weeks of training with us, your mind and body will begin to show benefits. You will **feel stronger**, **reduce your weight**, become more **flexible** and more coordinated.

You will **sleep better** and feel more energized.

You will believe more in your own **strength** and will power.

Knowing that you can **defend yourself** will make you more spirited and **sure of yourself**.

You will begin to burn-off negative feelings and become a **happier** person, in peace with yourself.

## START NOW!

You deserve to be healthy, strong and fit.

## Modern Taekwondo Traditional Training

### WE WILL MOTIVATE YOU

Once you start and you begin to notice how good, how strong and how fit you feel, you will push yourself, train harder and aim higher.

## About our instructors

- ⇒ We select our instructors very carefully.
- ⇒ They have a professional approach.
- ⇒ They will teach you the right techniques at the right time. They have spent years training with us before they started Instructing.
- ⇒ They have all attended and continue to attend Instructor training courses.
- ⇒ They love teaching and know how to help you achieve your goal and the Black Belt.

# Kids Taekwondo

Kids Taekwondo is a unique program taught only in our Academy. It is the **first** and **best** training program available for children today. It builds character and teaches them confidence and self-discipline in a fun and challenging way.

Our motto is:

**“I am strong & I will do it”**

- Fun, challenging and exciting classes
- Every child experiences success
- Helps shy, nervous students develop a more outgoing approach to life
- Helps develop positive social behaviours
- Helps improve short and long term memory
- Teaches leadership skills
- Helps children develop respect for others
- Develops fitness and strong, healthy bodies
- Improves confidence and self esteem
- Teaches self discipline
- Helps improve concentration and focus
- Improves general well being and posture.



## CLASSES FOR KIDS, YOUTH AND ADULTS

Self Defence, Tournaments, Championships, Stick Training, International Seminars...