



United Taekwondo at Charles Conder 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 Charles Conder Taekwondo Lunch Club practice effective and practical self defence skills and respect, and gain strength, flexibility and coordination. 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 without the hassle of after school clashes!!!

TAEKWONDO LUNCH CLUB

TUESDAYS 11.20am – 12pm

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

Training for the term is only \$90.

First class is FREE!