



OPEN NIGHTS 'NEW MEMBER OFFER'

MONDAY 03 FEB - SATURDAY 08 FEB

WANT TO KNOW MORE
ABOUT TAEKWONDO?

Introducing friends & family to Hall's Taekwondo.
Check us out at OPEN NIGHTS & SATURDAY.

If you 'Join the Club' take advantage of Hall's Taekwondo special
Open Nights Offer - this week only!

**NEW MEMBER OFFER:
ONE FREE UNIFORM
MORE THAN \$90 VALUE- ALL WELCOME!**

VISITING TIMES:

MONDAY 03 FEB - THURSDAY 06 FEB: 4pm - 7pm
and SATURDAY 08 FEB: 9am- Noon

CLASS HIGHLIGHTS:

- » See Taekwondo students in action
- » Instructor & Facility Q & A's
- » Participation optional
- » Check out timetables
- » Meet our team

BENEFITS FOR ALL AGES:

- Build confidence & self-esteem
- Resilience & courage to try new things
- Smart ways to deal with all types of bullying
- Build self-respect & respect for others
- Create & stick with good habits
- Cultivate the desire to learn
- Develop a positive attitude
- Empower your mind & body
- Enhance your flexibility
- Improve your fitness & energy
- Improve your performance in other sports
- Improve your study habits
- Learn & embody self-discipline
- Learn the importance of good character
- Sharpen your concentration & reflexes
- Always stimulated, learning in each belt level a variety of disciplines & martial arts including boxing, ground fighting, take-downs and stand-up wrestling.

CONTACT US »

www.hallstaekwondo.com.au



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