



**5 to 12 YEARS OF AGE**

**12 YEARS OF AGE PLUS**  
Highly qualified black belt instructors

- Discipline
- Coordination
- Confidence
- Fitness
- Self-control
- Balance
- Concentration



- Quality martial arts tuition
- Strength and conditioning
- Great fitness workout
- Develop patience, confidence & self-discipline
- Family friendly



**ITF TAEKWON-DO  
AUSTRALIA**



This program is taught in a fun, yet disciplined environment. The lessons are focused around key areas of skill and mindset, including:

- Developing strong leadership qualities
- To be a goal orientated and focussed
- To be brave and calm in unfamiliar situations
- Developing a strong mindset to tackle any obstacles

Our teenager & adult classes focus on the practical and technical aspects of our martial art as well as improving your overall fitness and self-confidence.

These classes are run to suit all levels, from beginner to expert.

Our program is age relevant, with the goal to prepare ourselves both mentally and physically for all future challenges.

## Junior Program CLASS TIMETABLE

<b>Monday</b>	
Birkdale state school	3.30 - 4.30pm
Camp hill St Thomas primary	5.30 - 6.30pm
<b>Tuesday</b>	
Mansfield dojo	3.45 - 4.45pm
Camp hill St Thomas primary	5.30 - 6.30pm
<b>Wednesday</b>	
Cannon Hill school of arts	4 - 5pm
Gumdale state school	6 - 7pm
<b>Thursday</b>	
Birkdale state school	3.30 - 4.30pm
Birkdale state school *	4.45 - 5.45pm*
Camp Hill St Thomas primary *	5.30 - 7pm*
<b>Friday</b>	
Mansfield	4 - 5.30pm*
<b>Saturday</b>	
Gumdale state school	9-10am

\* (MIXED JUNIOR AND SENIORS)

## Senior Program CLASS TIMETABLE

<b>Monday</b>	
Wellington point state school	6.15 - 7.45pm
Camp hill St Thomas primary	6.30-7.45pm
<b>Tuesday</b>	
Camp hill St Thomas primary	6.30-7.45pm
<b>Wednesday</b>	
Gumdale state school	7-7.15pm
<b>Thursday</b>	
Birkdale state school *	4.45-5.45pm *
Birkdale state school	5.45-7.15pm
Camp Hill St Thomas primary *	5.30-7pm *
<b>Friday</b>	
Mansfield	4 - 5.30pm*
<b>Saturday</b>	
Gumdale state school	10-11.15am

\* (MIXED JUNIOR AND SENIORS)

## BRISBANE'S PREMIER ITF TAEKWON-DO SCHOOL

