



**GET IN
STAY IN** *SHAPE*

We take your fitness personally

TAE KWON DO

Taekwondo is one of the most systematic and scientific Korean traditional martial arts, that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life through training our body and mind. Today, it has become a global sport that has gained an international reputation, and stands among the official games in the Olympics.

**We meet every Tuesday
at Grafton Regis
Village Hall
Classes are open to
Adults only**

**Enquiries: 07528 607 389
or email:
villagehall@grafton-regis.co.uk**

Milton Keynes UTA
TAEKWONDO ACADEMY

www.grafton-regis.co.uk