



*World TaeKwonDo Federation training
will help YOU reach new*

HEIGHTS

America's #1 Martial Art!

Adults, Children & Families Welcome

- ✓ Confidence (Self-esteem, Self-defense)
- ✓ Conditioning (Fitness, Strength, Health)
- ✓ Concentration (Focus, Strong Mind)

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Gloucester, York, Langley and
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