**TEENAGE / ADULT CLASSES**

The Clearview Centre  
Monday 6:30pm - 7:30pm

Norman Park Anglican Church  
Tuesday 6pm - 7pm

Birkdale School of Arts  
Thursday 5pm - 6pm

---

**CHILDREN CLASSES**

The Clearview Centre - Seven Hills  
Cnr Clearview Tce And Kensington Ave  
Wednesday 5pm - 6pm

Norman Park Anglican Church  
40 Agnew Street - Norman Park  
Tuesday 5pm - 6pm

Coorparoo School Of Arts  
208 Cavendish Road - Coorparoo  
Monday 5:10pm - 6:10pm

Birkdale School of Arts  
101 Birkdale Road - Birkdale  
Thursday 4pm - 5pm

Wellington Point Recreational Hall  
347-371 Birkdale Road - Birkdale  
Friday 4pm - 5pm

---

*ALL CLASSES RUN YEAR ROUND EXCEPT FOR PUBLIC HOLIDAYS*

**AUSTRALIA'S STRONGEST SELF DEFENCE TAE KWON-DO SCHOOL WITH OVER 40 YEARS OF MARTIAL ARTS TUITION AUSTRALIA WIDE.**

---

For any further information please call 0401 472 156  
www.nationaltaekwondobrisbane.com.au

---

*NATIONAL TAE KWON-DO*  
• Learn How to Defend Yourself  
• Get Fit, Strong & Healthy  
• For Ages 5 - 12  
• Make New Friends & Have Fun  
• Beginners Always Welcome

---

NEW TERM STARTING NOW

Any questions phone Tom 0401 472 156  
www.nationaltaekwondobrisbane.com.au
What is National Tae Kwon-Do for children?

There is a vast difference between National Tae Kwon-Do as taught to adults and National Tae Kwon-Do as taught to children.

Not only are the requirements and standard different. The structure of the classes is different as well. The classes have been especially designed to teach things that are specific to children.

The main focus of the classes is to introduce your child to an exercise regime and to give them a great understanding of the basics of martial art training.

Just as your child attends their school to get an education for their future financial security, it could be said that they are studying martial arts at a primary school level to provide for their future physical security.

We will teach them things that will prepare them for later in their lives when they will need to fend for themselves. These things are not taught in schools, by parents, or anyone else. They are things that are continually being reinforced to your child and are the sorts of things that will help to make your child stand out from the crowd as a leader not a follower.

We are a wholesome, respected, martial art school that is specifically for children. The classes are strict and disciplined while also providing a challenge both physically and mentally.

What are the benefits of National Tae Kwon-Do for children?

The practice of National Tae Kwon-Do imparts to each individual practitioner self control, self confidence, physical fitness, superior mental self discipline, high moral standards, improved psychological outlook and overall strength of character.

Such qualities when combined with a healthy, active body benefit not only the individual practitioner and his or her family but also the nation.

Your child will learn how to say "no" to negative peer group pressure.

Many medical practitioners now recommend martial art training because they have seen such results as improved concentration, co-ordination, self respect and the list goes on.

Who can learn National Tae Kwon-Do?

The children's only classes are for boys and girls aged from 5 to 12 years.

If you require information about our teenage and adult classes please phone the number provided.

Who will be my child's instructor?

Your instructor will be chief instructor Tom Foggo. I have established national Taekwondo in Brisbane in early 2009 and I conduct all the children, teenage and adult classes in Brisbane.

In other words your child will not be panned off onto a part-timer who has little understanding of what they are doing themselves let alone what they are teaching to others.

One of the greatest misconceptions within the martial arts is the notion that all black belts are experts. Too often novice black belts advertise themselves as instructors, even experts and even convince themselves.

The National Tae Kwon-Do instructors have been practicing and teaching Tae Kwon-Do in Australia since the 1980's and in that time have gained the respect of the community throughout Australia.

The instructors are, by experience, the most highly qualified Tae Kwon-Do black belt teachers in the area. Your guarantee of excellence in Tae Kwon-Do instruction for you and your family.

Our Instructors are not only powerful, dynamic, and knowledgeable about what they do, but are also punctual, reliable, polite, respected individuals who are physically and morally dedicated to teaching your child properly.

FREE Uniform when you enrol with our Dynamic Martial Arts School

Will my child get hurt?

There is very little contact in the classes, which means that it is unlikely that your child will sustain any sort of injury that wouldn't happen in any other normal physical activity.

We do not teach fighting and we do not have any competitions, in other words your child is not encouraged to hit anyone else.

Can I stay and watch the lesson?

Yes. You are welcome to stay and watch the first 2 lessons that your child attends. This is done so that you can witness first hand the quality of the instruction that your child will receive.

Following the second lesson we insist that you drop off your child prior to the starting time and pick them up at the completion of the class.

If you ever have any concerns please speak to your child's instructor or call the number provided.

Why should my child start learning?

One of the greatest gifts you can give your child is their independence and self safety. If they are taught the basics of National Tae Kwon-Do then they, and you, can rest assured that as they become older and their bodies mature that they will be able to look after themselves.

Many people are now having trouble with lack of exercise and being overweight and the associated diseases that go with these things. You will be providing the building blocks to a fit, and hopefully, healthy long life for your child.

How much will it cost?

After your free trials the cost is $12 per lesson with discounts for families. This is payable at the beginning of each class.

We have told you a bit about us... the rest is up to you!