

# Owenz Tae Kwon-Do School And Black Belt Academy

**MONDAY** Treceynydd Community Centre 6pm – 7pm juniors 7.15pm – 8.15 pm seniors

**THURSDAY** Bedwas High School 6pm – 7pm juniors 7pm – 8pm seniors

**FRIDAY** St Cenydd Leisure Centre 7pm – 8pm juniors and seniors



If you are a beginner interested in taking up the exciting Martial Art of Taekwondo, or you are already training, but unhappy where you are, come along to one of our classes

#### **CHILDREN**

Improve your child in these areas  
Lack of self-discipline & self-confidence  
Negative attitude & bad habits  
Concentration problems  
Abuse at school due to shyness or overweight

#### **ADULTS**

Loose weight  
Learn practical self-defence  
Build self-confidence  
Physical fitness  
Learn to breathe properly

**MASTER ROSEWELL 7<sup>th</sup> Degree**  
International Black Belt Instructor and grading examiner

**RUTH ROSEWELL 5<sup>th</sup> Degree**  
International Black Belt Instructor

**C.R.B. CHECKED**