

# TAEKWON-DO TOTS

We are excited to announce that we are now opening booking's for our new "Taekwon-Do Tots" class, specifically designed for nursery students

## What Your 3-Year-Old Will Gain

At this age, our focus is on "learning through play." Our curriculum is designed to support early childhood milestones, including:

- **Physical Development:** Enhancing coordination, balance, and fine motor skills.
- **Social Skills:** Building confidence and encouraging teamwork through fun games.
- **Focus:** A gentle introduction to the discipline and listening skills central to Taekwon-Do.

### OPTION 1 (5 SESSIONS)

Tuesdays or Saturdays at The Unit Gym:  
From Tuesday, 24th Feb - Saturday 28th March

£30.00



### OPTION 2 (10 SESSIONS)

Every Tuesday and Saturday at the Unit Gym:  
From Tuesday 24th Feb - Saturday 28th March

£50.00

