

# PARENT & TODDLER TAEKWONDO

Toddler Taekwondo classes are suitable for students for pre-schooler from the moment they begin walking. These sessions are a lot to do with having fun and learning to use and control your movements. We do however teach much of the same syllabus as we do in the childrens beginner classes to enable them to transfer easily once they reach 4 years old. During these classes you can expect to cover the following:

- Kicking
- Hand striking & blocking
- Kyorugi
- Poomsae
- Demonstration techniques
- Self-defence
- Flexibility & mobility
- Functional movement
- Stability & balance
- Speed, strength & power
- Cardiovascular fitness
- Korean

Please see our timetable for a full list of classes and our memberships page for pricing.