

TAEKWONDO FOR ADULTS

Adult Taekwondo classes are suitable for students from 15 years. These classes are suitable for students of all abilities and are tailored to suit your individual level. 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

Adult packages:

- 1 session per week
- Multiple Taekwondo sessions per week
- Multiple Taekwondo + Fitness sessions per week

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