

TAEKWONDO FOR CHILDREN

Children Taekwondo classes are suitable for 4-16 year olds. Beginner classes teach the basics, usually for students between white and green belt. Once students have mastered the basics they move into the advanced classes, usually green belt upwards, but can be earlier if students progress quickly. 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

Beginner/Advanced Children 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.