

VISUALLY IMPAIRED ADULTS TAEKWONDO

These sessions started as part of a pilot study in partnership with British Taekwondo, Metro blind sport, and Selvis.

We created a 6 session self-protection course specifically adjusted to the needs of our blind and visually impaired members. The pilot was so successful it was followed by 2 more courses funded by Metro blind sport.

Moving forward we aim to continue developing this area of para taekwondo and supporting our visually impaired and blind community.