


Jennifer
Treasure
Tae Kwon Do



Female TEENAGE SELF DEFENCE course, starting the week of WEDNESDAY 5 September with Master level tae kwon do instructor. Signup for this course as soon as you can while there are still places left. Register on my website under 'contact'. www.treasure-tkd.co.uk
[Tel 07523968020](tel:07523968020) and speak to Jenny Treasure.

'Would you like your daughter to gain confidence and fitness by doing an interesting, basic self-defence course, whilst having fun. Your daughter's safety is important and undergoing a self defence programme should be a priority. Physical fitness will help study skills but self defence, with a proper safe structure, will encourage focus, confidence, fitness and well-being and social skills. I am trying to start a course beginning September at DAFEN WELFARE HALL, LLANELLI on WEDNESDAY 5pm TILL 6pm or 6pm till 7pm. 2 Options
Link to My Book on Amazon 'My Story' By a female tae kwon do Master, Jenny Treasure <http://goo.gl/K04Y8n>