



Female TEENAGE SELF DEFENCE and FAMILY 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 or [Tel 07523968020](tel:07523968020) and speak to Jenny Treasure.

'Would you like your daughter or family to gain confidence and fitness by doing an interesting, basic tae kwon do self-defence course, whilst having fun. Your family and 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. Signup for this course NOW and every week at DAFEN WELFARE HALL, LLANELLI on WEDNESDAY 5pm TILL 6pm or 6pm till 7pm. (2 Options). I also have a club at the Vivian Hall, Blackpill, Swansea.