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**Taekwondo is a Korean martial art with an emphasis on kicking. It is □ fabulous for building self confidence and fitness □ and is ideal for □ children and adults of any age and fitness level.**

**First 2 lessons are absolutely FREE**

**Call us today on 07851 580 458 or 07793 767 211 or see our contact page □**

**We have □ classes throughout Manchester, Stockport, Didsbury and Tameside at convenient times in the evening and weekends. Our male and female Instructors are friendly and approachable □ and are □ fully insured and CRB police checked. We practice the ITF style of taekwondo and**

Written by James Lavin  
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**classes cover a variety of disciplines, including self defence, fitness, patterns and sparring with opportunities to compete in tournaments, both in the UK and Internationally.**

**Tags: martial arts manchester, martial arts stockport, taekwondo manchester, taekwondo stockport**

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