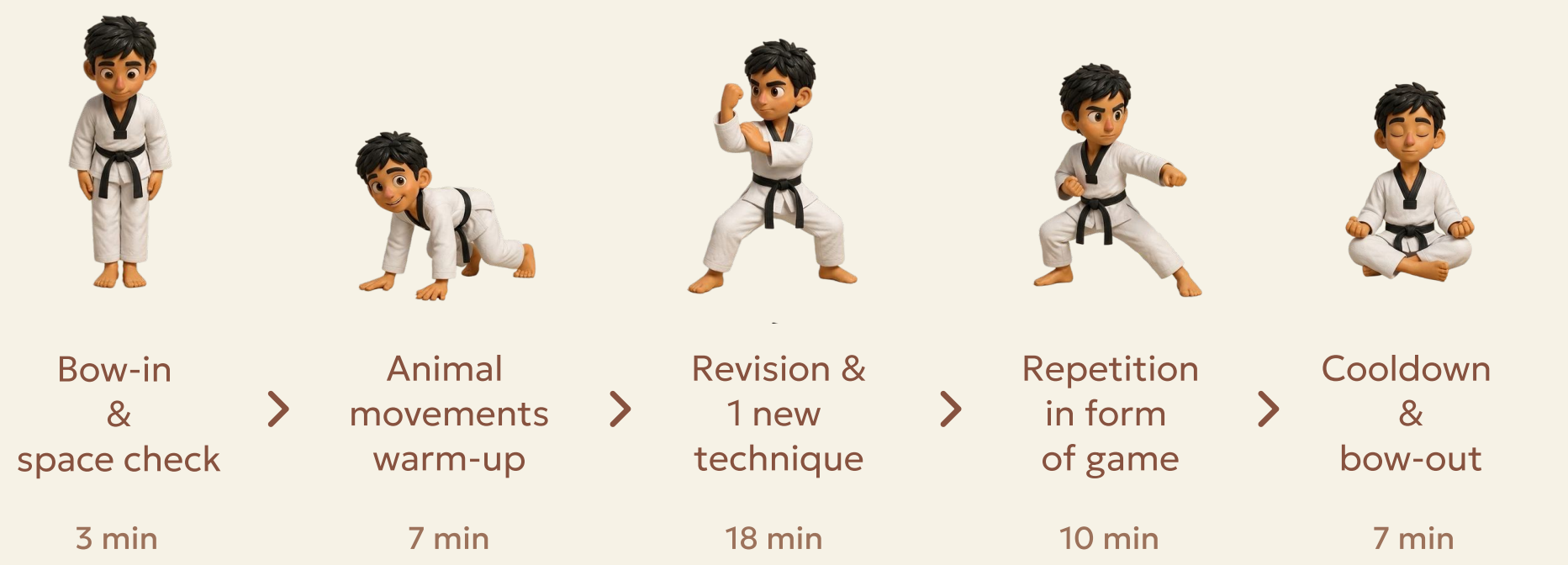


Taekwondo 12 WEEK PROGRAMME

12 weeks. 3 phases. From your first bow to yellow-belt standard, all from home, with no equipment or contact.



How we work



Safety at home

Every session begins with a 90-second space check. Coaches confirm 2m × 2m of clear floor, 2.2m of ceiling clearance, nothing breakable within reach, and bare feet or grip socks, never plain socks on a hard floor.

Starting smaller

Try our 4-Week Taekwondo foundation programme covers stance, guard, punches, the first three blocks and two kicks, finishing with a recorded 90-second routine.