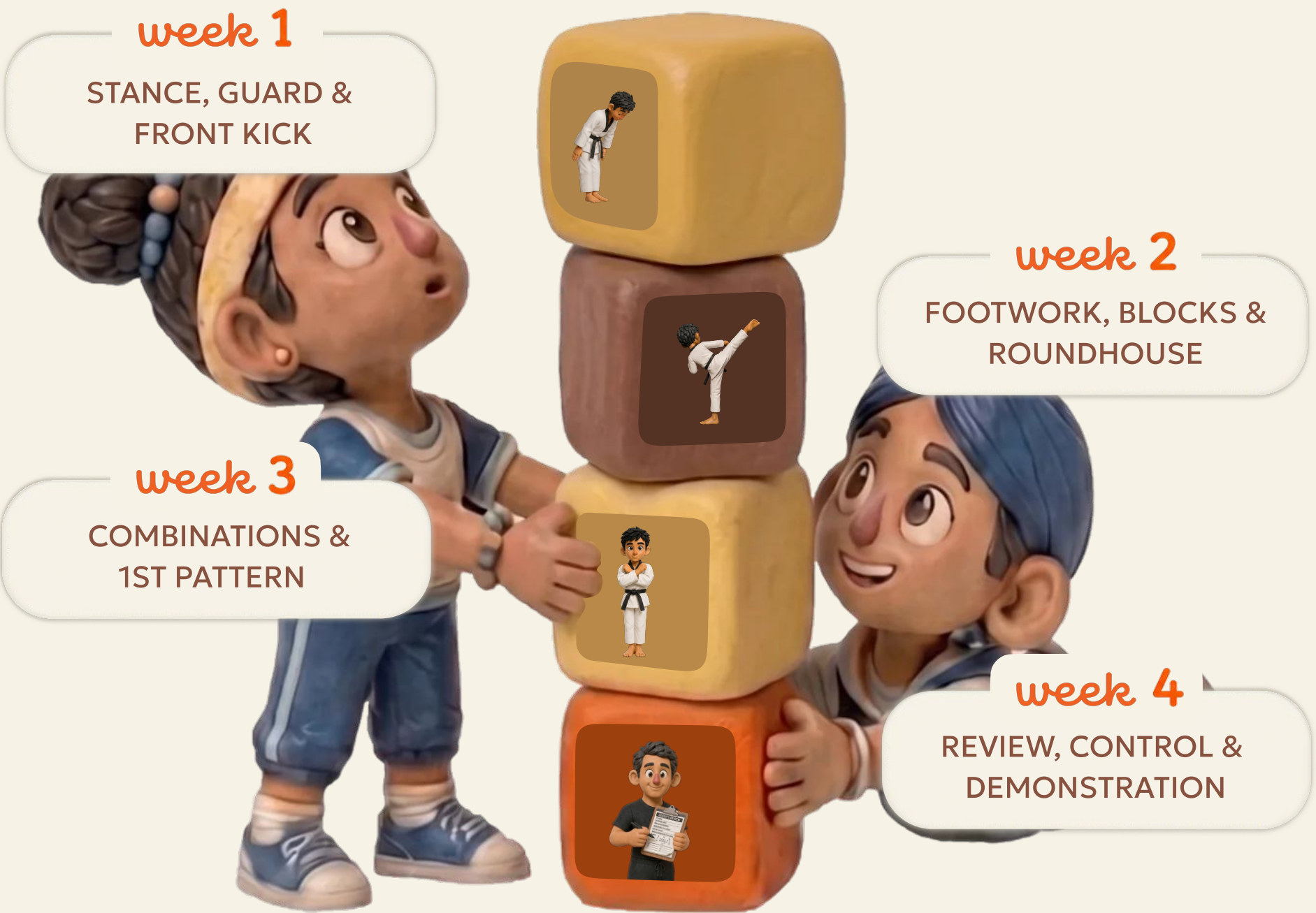


Taekwondo

4 WEEK PROGRAMME

4 weeks. First bow to recorded routine. Real taekwondo, taught properly from your living room.



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.

Going further

The 12-week Taekwondo progression programme takes a child through three phases - fundamentals, combinations and movement, then performance and application, finishing with a graded demonstration to the yellow-belt standard