

# Join and pay for 12 months and get a FREE uniform!

Registration  
required!



## Confidence, discipline, self-defence, fitness

- Classes for 3 to 53+, Mondays to Thursdays, and Saturdays
- Churchill Park School, Glendowie Primary School, Kohimarama School
- Wear track pants and T-shirt, bring a drink bottle of water
- Register at [www.glendowie.com/beginners/](http://www.glendowie.com/beginners/)
- Up to two uniforms per family, one per person
- Offer valid until 14 March 2020

Contact Master Mark Banicevich, 7th degree black belt  
30 years in Taekwon-Do  
[mbanicevich@itkd.co.nz](mailto:mbanicevich@itkd.co.nz) or 021 314 503



**International<sup>®</sup>  
Taekwon-Do**

021 314 503

[www.glendowie.com](http://www.glendowie.com)