

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



Confidence, discipline, self-defence, fitness

- **Classes for 3 to 53+, Churchill Park School**
- **Classes Monday, Tuesday, Thursday, Saturday**
- **Wear track pants and T-shirt**
- **Bring a drink bottle of water**
- Register at www.glendowie.com/beginners/
- Up to two uniforms per family, one per person
- Special for Churchill Park School students and families
- Offer valid until 14 March 2020

Contact Master Mark Banicevich

- 7th degree black belt
- 30 years in Taekwon-Do

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