

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



Confidence, discipline, self-defence, fitness

- **Ages 5-12, Kohimarama School**
- **Mondays and Thursdays 6:00-7:00pm, 7:00-8:00pm**
- **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 Kohimarama School students and families
- Offer valid until 14 March 2020

Contact Master Mark Banicevich

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

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www.glendowie.com

