

UNITED KINGDOM TAEKWON-DO COUNCIL

# TAEKWON-DO



**TAEKWON-DO - the worlds most popular martial art taught by the UK's leading Taekwon-Do organisation. Ideal for all ages (5 years & above).**

#### **Bo'ness**

Matty Steele Building  
Wednesday 5.30 - 6.30pm

#### **Bonnybridge**

Bonnybridge Community Centre  
Thursday 5.00 - 6.00pm

#### **Denny**

Denny Sports Centre  
Thursday 6.30 - 7.30pm

Working in Partnership  
with Falkirk Active Schools

#### **Falkirk**

Ettrick Dochart Community Hall  
Friday 4.50 - 5.50pm

#### **Grangemouth**

Sports Complex  
Monday 6.00 - 7.00pm  
Monday 7.00 - 8.00pm (Advanced)  
Thursday 6.00 - 7.00pm  
Thursday 7.00 - 8.00pm (Advanced)



#### **Larbert**

Larbert High School  
Thursday 6.00-7.00pm

#### **Linlithgow**

St. Ninian's Craigmilen Church Hall  
Saturday 11.00am - 12.00pm

#### **Polmont**

Polmont Community Hub  
(Greenpark Community Centre)  
Friday 6.15 - 7.15pm

#### **Parish Church Hall**

Saturday 12.30 - 1.30pm

**Book your free trial lesson online now at**

# **WWW.UKTC.CO.UK**

**or phone 01786 845060**



**FREE TRIAL LESSON**



**LITTLE TIGER CUBS CLASSES FOR 3-5 YEAR OLDS OVERLEAF**





**THE FUN MARTIAL ARTS  
TRAINING SYSTEM FOR  
CHILDREN 3-5 YEARS OLD**

- ❖ Learn Through Play
- ❖ Have Fun
- ❖ Develop Flexibility
- ❖ Improve Balance & Co-ordination
- ❖ Learn Respect
- ❖ Increase Self Confidence
- ❖ Learn Basic Self Defence



**CLASSES IN YOUR AREA**

|             |                                |
|-------------|--------------------------------|
| Bo'ness     | Matty Steele Building          |
| Bonnybridge | Bonnybridge Community Centre   |
| Falkirk     | Ettrick Dochart Community Hall |
| Grangemouth | Sports Complex                 |
| Grangemouth | Sports Complex                 |
| Larbert     | Larbert High School            |
| Polmont     | Parish Church Hall             |

|                       |
|-----------------------|
| Wednesday 4.30-5.15pm |
| Thursday 4.00-4.45pm  |
| Friday 4.00-4.45pm    |
| Monday 5.00-5.45pm    |
| Thursday 5.00-5.45pm  |
| Thursday 5.00-5.45pm  |
| Saturday 9.30-10.15am |



Book your **FREE TRIAL LESSON** online now at  
**WWW.UKTC.CO.UK**  
or phone 01786 845060



**TAEKWON-DO CLASSES FOR ALL AGES (5 YEARS+) OVERLEAF**

