


Martial Arts Training



Brilliant for:

- ✓ Fitness, strength, cardio and flexibility
- ✓ Self defence, weapons and lots more
- ✓ Sense of community, friendly classes
- ✓ Increase Discipline and Self-Confidence

 www.kuksoolwonofwestonsupermare.co.uk

 07765 830020

Book here



**Suitable for children from 6 years
all the way to adults - any
experience or fitness level**