

THE MARK FARNHAM SCHOOLS OF TAE KWON-DO

Kings Lynn Providence street, youth centre.
Tuesdays 6.30 - 8.00pm Adult Beg/Junior Stage 2
Tuesdays 8.00 - 9.30pm Advanced
Thursdays 5.45 - 6.45pm Junior Beginner
Thursday 7.00 - 9.00pm Work Out Session

Ely Paradise Centre, Newnham street.
Mondays 4.15 - 5.45pm Juniors Intermediate
Mondays 5.45 - 7.15pm Juniors Advanced
Mondays 7.15 - 8.15pm Adult Beginners
Mondays 8.00 - 9.30pm Adults Advanced
Saturdays 11.00 - 12.45pm Work Out Session
Saturdays 1.00 - 2.00pm Junior Beginners
Saturdays 2.00 - 3.00pm Junior Stage 2

Wisbech
Thomas Clarkson Community College, Corporation Rd
Mondays 6.30 - 8.00pm All Students inc Beginners
Fridays 5.30 - 7.00pm Work Out Session

Swaffham Convent School, Mangate Street.
Mondays 6.30 - 8.00pm Work Out Session
Wednesdays 6.30 - 8.00pm All Students inc Beginners

Bury St Edmunds St James School, Vinefields.
Wednesdays 6.30 - 8.00pm All Students inc Beginners
Fridays 6.30 - 8.00pm Work Out Session

Downham Market High School, Bexwell road.
Wednesdays 6.30 - 8.00pm All Students inc Beginners



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Thetford Rosemary Musker High School,
Mondays 7.30 - 9.00pm All Students Croxton road.

March Neale-Wade College, Wimblington road.
Wednesdays 6.30 - 8.00pm All Students inc Beginners

Peterborough Jack Hunt Sec School, Ledbury Rd.
Tuesdays 6.30 - 8.00pm All Students inc Beginners

Newmarket Sports Centre, Exning Road
Tuesdays 6.30 to 8.00pm All Students inc Beginners

Burwell Gardiner Memorial Hall, High Street.
Tuesdays 6.00 - 7.30pm All Students inc Beginners

Huntingdon LeisuRealm, Hinchingsbrooke School.
Thursdays 7.00 - 8.30pm All Students inc Beginners

Mildenhall The Dome Leisure Centre, Bury Road.
Thursdays 7.30 - 9.00pm All Students inc Beginners

Long Sutton Peele Leisure Centre, Little London Rd
Wednesdays 6.00 - 7.30pm All Students inc Beginners

Sutton Sutton Primary School, The Brook.
Thursdays 6.30 - 8.00pm All Students inc Beginners



Train with the :
**TAE KWON-DO ASSOCIATION
OF GREAT BRITAIN**
AT :



www.mftkd.co.uk
www.markfarnhamtaekwondo.co.uk

THE
MARK FARNHAM SCHOOLS
OF TAE KWON-DO
(Established 1987)

For further information please ring
MARK FARNHAM 6th DAN

on: Tel / Fax : 01553 841880
or 077716 44460 (Mobile)

FIRST LESSON FREE

TAE KWON-DO THE FOOT & HAND MARTIAL ART

Tae Kwon-Do is a Korean Martial Art with a 2000 year history. Originally, it was a fighting skill used for self defence. Over the centuries it has evolved into an art, a sport and a winning way of life. At all the T.A.G.B. Schools we blend traditional and contemporary aspects of the art. Discipline and self defence play an important role in our programme, but we place emphasis on the exercise and sporting benefits of the Art.

YOU AND TAE KWON-DO

MEN - Tae Kwon-Do will improve your fitness, flexibility and most of all your confidence. It will help you to control or channel your aggression should the need arise. Right from the first lesson you will start developing a whole new range of skills and capabilities with the opportunity to realise self achievement.

WOMEN - In these days of increasing violent attacks on women it has now, more than ever, become necessary for women to be prepared to protect themselves. More and more women are turning to Martial Arts for protection and Tae Kwon-Do can certainly provide this. It is a superb form of self-defence and also a great way to keep fit and trim. Tae Kwon-Do is safe, practical and most of all enjoyable.

CHILDREN - Children who acquire self confidence at an early age are far more likely to succeed in their adult ambitions. Tae Kwon-Do is arguably the best method of instilling confidence into children and at the same time emphasises the importance of respect and discipline. As a result of the fast and exciting nature of Tae Kwon-Do there are thousands of children participating throughout the UK and millions world-wide.

TOTAL FITNESS IN BODY AND MIND

In Tae Kwon-Do you'll learn to stretch and exercise nearly every muscle group in your body. That aspect alone distinguishes the sport from most others. But emphasis on improved concentration, stamina and self control is what really sets Tae Kwon-Do apart from

other disciplines. To develop these skills, you'll exercise your mind at least as much as your body. Naturally, the positive effects of that exercise will carry over into other areas of your life too.

STRUCTURED CLASSES

Students at all T.A.G.B. schools are separated into two or three groups, beginners/ intermediates/ advanced. Beginners learn stretching exercises, the principles of Tae Kwon-Do and basic kicks, punches and blocks. Intermediate students practice combination movements that require greater concentration. Advanced students continue to refine their technique, emphasising control, power and accuracy.

SAFETY FIRST

Tae Kwon-Do, like any other sport, can be practised in complete safety if simple precautions are followed. At all T.A.G.B. schools we stress safety from the day you begin - through careful stretching, controlled techniques, and a positive attitude.

A GATHERING PLACE FOR ALL

In addition to training, the schools are a friendly social setting. People of all ages from all walks of life are attracted to Tae Kwon-Do with a common purpose, to learn an Oriental art form, to exercise, and to have fun ! Come by, meet these people and learn first hand how Tae Kwon-Do can be a great sport for you to enjoy.

CLOTHING

Beginners wear suitable loose clothing, i.e. jogging bottoms and a tee shirt or tracksuit. An official uniform is required after two months of training.

FURTHER INFORMATION & HOW TO JOIN

On the reverse of this leaflet is a list of training times and venues, along with the local Instructors contact number, call this number or call along to the venue whilst training is on.



ABOUT THE T.A.G.B.

*The T.A.G.B. is Britain's largest
Tae Kwon-Do organisation with over
25,000 members in the UK
Most towns throughout Great Britain
have their own T.A.G.B. School,
so if you move away you can be
sure of receiving the same
quality of Instruction.*

*After several years of training, all
T.A.G.B. Instructors undergo both
written examinations and extensive
practical assessments to gain
their qualifications.
The T.A.G.B. stands for quality and
expertise in the field of
Martial Arts, so don't settle
for less - join Britain's' biggest
and best:*

**THE
TAE KWON-DO ASSOCIATION
OF GREAT BRITAIN.**

Family Discount Offered.
All information correct at time of printing.