Taekwon-Do is the Korean Art of Self-Defence and directly translates as 'The Art of Hand and Foot'.

Taekwon-Do has many benefits socially, mentally and physically, including the following: improved co-ordination, enhanced body awareness, increased flexibility and cardiovascular fitness, boost self confidence, augment social interaction and communication skills, encourage cultural awareness, nurture general wellbeing and positive self-image, and offers the opportunity to progress and improve self-esteem through the belt grading system.

**Training Times:**

Monday and Wednesday Nights

5:30pm to 6:15pm White Belts to Yellow Belts

6:00pm to 7:00pm all students Green Tip & above

7:00pm to 7:30pm senior students Blue Belt & above

Cost: $120/yr + Gradings, seminars & uniforms  
Payable within the first two weeks of training.

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2nd Degree  
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