

Frontline Martial Arts

and



MIGHTY MITES

(Martial Arts for under 10's)



Taekwondo-based training, offering:

- Traditional martial arts
- Effective self-defence
- Fast action sport
- And, above all, **lots of fun !!!**

First Lesson Free – come and give it a go !

Instructor with over 20 years experience, fully CRB cleared

For more detail, call Simon on 07771 692222

MIGHTY MITES	Adults/over 10's
Jubilee Hall, Alveston Fridays 4:30pm to 5:15pm www.mighty-mites.co.uk	Alveston Youth Centre Mondays 7:30pm to 9:00pm www.frontline-ma.co.uk

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