

# Frontline Martial Arts

Korean style traditional martial arts



Under 10s : Fridays 4:30 – 5:15pm

10 – 13s : Mondays 7.15 – 8.15pm

Adults : Mondays 8.15 – 9.45pm

All Ages: Thursdays 7:15 – 8:45pm

**Alveston Youth Centre**

- Traditional Martial Arts
- Effective self-defence
- Fast action sport
- Suitable for men, women and children
- Lots of fun!
- 7<sup>th</sup> , 5<sup>th</sup> and 4<sup>th</sup> Dan Master instructors
- DBS criminal records checked

self-confidence, self-respect, self-defence



[www.frontline-ma.co.uk](http://www.frontline-ma.co.uk)

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