



# United Taekwondo

## Lunch time @ Hawker Primary

Taekwondo is an effective and fun martial art that can build children's confidence, coordination and respect for people and possessions. The children who participate in the Hawker Primary Taekwondo Lunch Club will practice effective and practical self defence skills, and gain strength, flexibility and socialisation skills. They will do partner empathy exercises and even experience basic meditation in a safe and friendly environment. They can also work their way towards getting their junior black belt after years of practice! 😊

### Important for parents...

**this class is very convenient for you – no running around after school!  
Phew!**

**HAWKER PRIMARY LUNCH CLUB**

**Continuing in 2024**

**TUESDAYS from 12.50pm – 1.20pm**

**in the school hall**

**If your child would like to give taekwondo a try,  
please email Instructor Sharon to book:  
[utkdcanberra@outlook.com](mailto:utkdcanberra@outlook.com)**

**First class is FREE!**

**Then if they'd like to sign up for the rest of the term  
it's only \$100!**

**(Full term is \$110 for 10 weeks)**