

Frontline Martial Arts

Taekwondo-based traditional martial arts



Under 10s : Fridays 4:30 – 5:15pm

Alveston Jubilee Hall

10 – 13s : Mondays 7.15 – 8.15pm

Adults : Mondays 8.15 – 9.45pm

Alveston Youth Centre

- Effective self-defence
- Fast action sport
- Suitable for men, women and children
- Lots of fun!
- 7th Dan instructor with over 25 years' experience
- DBS criminal records checked

self-confidence, self-respect, self-defence



www.frontline-ma.co.uk

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