

# MIGHTY MITES

Taekwondo-based training, offering:

## Self-defence

Martial arts training for children aged 4-10

## Self-confidence

Fast action sport

## Self-respect

Traditional martial arts values

And, above all, lots of fun!

Instructor with over 20 years experience, CRB cleared  
First lesson free. Come and give it a go!  
For more details, call Simon on 07771 692222

Fridays 4:30 to 5:15pm  
Jubilee Hall, Alveston



[www.frontline-ma.co.uk](http://www.frontline-ma.co.uk) • email: [info@frontline-ma.co.uk](mailto:info@frontline-ma.co.uk)

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