



Welcome to  
**WEST LONDON &  
SLOUGH TAEKWONDO**  
and to the martial arts

West London & Slough Taekwondo is not just about Martial Arts. It's about developing you and the image you have of yourself. This is what you project to others.

By believing in yourself you ensure that others will also. To expect respect from others you must act in a way that deserves respect.

We strive to produce not only excellent Martial Artists, but valuable members of the community.

We will improve your fitness in a safe fun friendly environment. It's a great place to make new friends too!

The black belt represents more than simply skill; it's a symbol of maturity, experience, alertness and knowledge.

The next step is yours.

**Taught by qualified instructors**  
**Exercise, confidence, discipline & control**  
**Classes for all ages and levels**  
**Excellent defence for women**  
**Mentally and physically stimulating**

**Call now on 07885 819469  
to make an appointment**

