

www.rita-itf.org



TAEKWON-DO

BEGINNERS CLASSES

**Classes for male & female,
senior and junior, all welcome**

Martial Arts
Self Defence
Health & Fitness
Self Confidence
Meet new People
Stress Relief
Discipline

*Ireland's Original
Taekwon-Do Association*

To find out
more please visit
www.rita-itf.org



Beginner Classes in your area

 Find us on
Facebook



TAB 태권도
자문위원회
taekwon-do advisory board

IMAC
approved member