

Taekwondo

For Beginner :- light jogging, basic warm-up, basic punches, basic kicks etc.

For Average:- Advanced jogging, warm-up, medium punches, blocks, medium kicks, kata (meaning combination of punch, blocks, kick n etc.) and kumite (meaning fight).

For Learnt :- Running, advanced warm-up, advanced punches, Blocks, advanced kicks, Different combination (like punch n block, punch n kick, throw, etc) kata, kumite, self defence, demonstration n many more.

➤ Information regarding Healthy Diet, Increasing stamina, Becoming strong, Self Defence (specially for girls n women).