



Preparing for your trial - Please arrive 10 mins early.

So you've decided to take Taekwondo, but have no idea what you're getting yourself into. To ease your pre-class jitters, here's a some common questions.

What to wear ?

Classes are done in bare feet and loose-fitting clothes. If you decide to stay, a uniform can be purchased after a few weeks.

What will I be learning ?

Class starts with warm-up and stretch. It's a bit like a 10 mins aerobics session. The routine is the same each lesson, so after a few weeks you will get the hang of it. Then we do Taekwondo specific activities.

Will my child get beat up ?

All classes are very structured in a non-contact environment. Students are never left alone. Beginning students are with other beginners and aggression is not tolerated.

Will my child have fun ?

Our school would not grow if students did not have fun. We try to foster a community of TKD students that motivate and learn together. Don't be afraid to make mistakes – it was everyone's first lesson once. Good luck with your journey to black belt.

Grand Master Michael Tan.

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