



Canada One Family Network

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Taekwondo

Special skills:

Gain all of these skills in one course: Somersault, Kids Boxing, Nunchuck Sticks, Taekwondo Sticks, Taekwondo Dance, Taekwondo Stunts.

Head Coach Profile:

Master Wu has practiced Kung Fu since he was a child, developing solid martial arts skills. In 2004, he graduated from the Chengdu Sport Institute, specializing in Taekwondo. He has been engaged in Taekwondo education for 18 years. During these years, he has obtained extensive training experiences, especially in taekwondo stunts, sparring competitions, nunchuck sticks, taekwondo dance, kids boxing, etc...

Prospective Students:

Children (ages 5+), teenagers and adults

Training Objectives:

1. Develop discipline, increase physical coordination, flexibility, balance and mental acumen by practicing the fundamental skills of taekwondo.
2. Improve attack and defense skills in sparring through cross training of various techniques like kicks, punches, strikes, blocks and turning movements etc.
3. Build confidence and win prizes in all kinds of competition and performances.