



# Taekwon-do

The Korean Art Of Self Defence



## Rayners Lane Taekwon-do Academy

**112 Rayners Lane, South Harrow, Middlesex**

**Tel: 07759 438779 Email: [instructor@raynerslanetkd.com](mailto:instructor@raynerslanetkd.com)**

태권도

*"It's no good running a pig farm for 30 years while saying 'I was meant to be a dancer.' By that time, pigs are your style." Quentin Crisp*



**The beauty of martial arts you cannot see until you have experienced it – Hee Il Cho**

**Training in  
Martial Arts  
and  
Self Protection**

**For Men, Women &  
Children of all ages.**

**Separate Classes for  
Adults / Kids/ Families  
Juniors / Seniors**



**HAVE FUN,  
GET FIT  
AND LEARN SOMETHING  
THAT MAY  
SAVE YOUR LIFE!**



*"Reach for the moon, the worst that can happen is you'll fall among the stars"*

**[www.raynerslanetkd.com](http://www.raynerslanetkd.com)**