

Head Office :
 'EASTNEY'
 58 WILTSHIRE LANE
 EASTCOTE · PINNER
 MIDDX. HA5 2LU
 Tel: 020 8429 0878
 Fax: 020 8866 4151
 Email: headoffice@butf.com



KOREAN ART OF SELF DEFENCE

**DAY 2 & 3 BENIDORM SPAIN
 STRETCHING PROGRAM**



**65 YEARS YOUNG AND GRANDMASTER CHOY SETS THE
 EXAMPLE FOR ALL TO FOLLOW
 WHO SAID TAEKWON-DO WASN'T ONLY FOR THE YOUNG??**



AND BEING DEDICATED STUDENTS, FOLLOW THEY DO



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 Inaugurated 1st March 1988 The Lunar Year Of The Dragon

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BRITISH UNITED TAEKWON-DO FEDERATION

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THUMBS UP FOR MY NEXT PROMOTION?



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