

Welcome to Tae Kwon Do - North Shore, our club is based in Takapuna Auckland. Where you can learn

Like any exercise and martial arts, with proper training and perseverance, Tae Kwon Do training can provide

{loadposition article}

- Fitness / Health
- Stamina / Flexibility
- Well being / Confidence
- Assertiveness / Self-awareness
- Self-defense skills / Stress reduction
- Positive attitude / Strength of character
- Discipline of the mind and body

If your are interested in finding out more or coming along for to view or join in a training session

[contact us](#)

now and we look forward to helping out.

{gallery}gallery/page1{/gallery}