



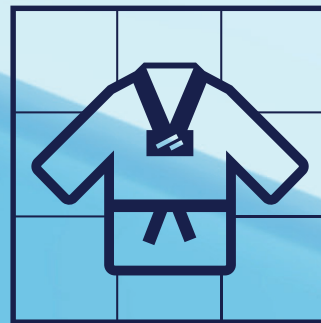
NO CONTACT BETWEEN  
ADULTS UNLESS LIVING  
IN SAME HOUSEHOLD



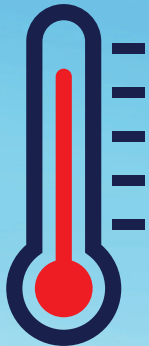
ENSURE YOUR BRITISH  
TAEKWONDO MEMBERSHIP  
IS IN DATE



ATTEND YOUR SESSION  
DRESSED IN YOUR  
TAEKWONDO GEAR



3M X 3M  
SQUARE  
PER ADULT  
PARTICIPANT  
FOR INDIVIDUAL  
TRAINING



DO NOT TRAIN  
IF YOU DISPLAY  
ANY OF THE  
ADVISED  
SYMPTOMS



ABIDE BY SOCIAL DISTANCING  
RULES WHEN NOT TRAINING

# STAY SAFE WHILST PRACTISING TAEKWONDO

