



Eastern Cyprus

TAEKWON-DO



In association with the

Authentic Centres for Excellence of Taekwon-Do

Welcome to Eastern Cyprus Taekwon-Do, a school operating in the Eastern sovereign based areas of Dhekelia and Ayios Nikolaos .

Eastern Cyprus Taekwon-Do are dedicated to providing adults and children with the benefits that Taekwon-do offers for the duration of their stay in Cyprus.

We are a School of education and not a sports club, so we will teach to an approved syllabus where students can achieve goals set out for them.

Students will be in a fun but disciplined environment, and will have the opportunity to make new friends, get involved in a variety of Taekwon-Do events, and learn a Martial Art that will help them deal with modern Society and modern School life, peer pressure and work stresses.

Benefits of Taekwon-Do.

Taekwon-Do has many benefits, physical, mental, social and familial that is important to adults and children.

Regular training in Taekwon-Do increases general physical fitness. There's also an increase in physical strength, involving all muscles.

Taekwon-Do develops a stronger, leaner body by working muscles throughout the body giving a student what is known as functional strength.

Senior Instructor of the Eastern Cyprus Taekwon-Do school is Jason Ainley who currently holds the rank of 5th Degree Black Belt and International Instructor status, with both grades endorsed by First Grandmaster Rhee-Ki-Ha.

Jason is a registered Instructor with GM Paul Cutlers Authentic centres for excellence of Taekwon-Do .

He has attended seminars & courses conducted by the worlds most senior TKD pioneers/Instructors.

- First Grandmaster Rhee Ki Ha IX
- Grandmaster Paul Cutler IX
- Grandmaster Hee IL Cho IX
- Senior Master Ray O'Neill VIII
- Senior Master Vasilis Alexandris VIII
- Senior Master Wayne Brown. VIII
- Senior Master Panayotis Yialamas.VIII





For More information on our schools contact

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