

Eastern Cyprus

Taekwon-Do

Classes for adults and children on sovereign base area of Cyprus, covering all aspects of I.T.F Taekwon-Do.

Jason Ainley V Degree

5TH Degree Black Belt International Instructor
endorsed by Taekwon-Do pioneer
First Grandmaster Rhee Ki Ha IX

Registered Instructor with the Authentic Centres
for excellence of Taekwon-Do.

Contact

977 494 60  Eastern Cyprus Taekwon-Do



Regular classes, Training Seminars, Tournaments.

Contact Details

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easterncyprusTaekwondo

Eastern Cyprus Taekwon-Do



Eastern Cyprus Taekwon-Do

In Association with



Training Syllabus.

The Eastern Cyprus Taekwon-Do training syllabus includes all aspects of I.T.F style Taekwon-Do.

- **Fundamentals.**
- **Patterns.**
- **Sparring.** { Both free & pre-arranged }
- **Self Defence.**
- **Destruction.** { Power test }
- **Conditioning training.**

At Eastern Cyprus Taekwon-Do we believe that success in martial arts is achieved by building a solid foundation from the beginning.

The Taekwon-Do syllabus of fundamentals, patterns, sparring, Self Defence, and destruction are all given equal attention giving students a variety in their training in their quest for self-development both physically & mentally.



Senior Instructor of the Eastern Cyprus Taekwon-Do school is Jason Ainley who currently holds the rank of 5th Degree Black Belt.

Jason Ainley began his Taekwon-do training in 1994 and achieved 1st Degree Black Belt in 1998 with Grandmaster Hee IL Cho.

He was a former Instructor with the North of England schools of Taekwon-Do for over 9 years and during this time he taught over 20 students to Black Belt that included one to 3rd Degree and 5 to 2nd Degree Black Belt.

Mr Ainley was a former member of the A.I.M.A.A North of England team and competed in sparring events in the UK, Ireland and Germany and used this experience when he turned Instructor to produce over 15 British Taekwon-Do champions in both Taekwon-Do and freestyle competitions [a mixture of Taekwon-Do, Karate and kickboxing disciplines].

After moving to Cyprus in he was approached by a forces 2IC to teach Taekwon-Do to military personal and their families.



Jason currently holds the rank of 5th Degree Black Belt & 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**

