



WHY YOUR CHILD NEEDS HOLLINGSWORTH TAEKWON-DO

**IMAGINE YOUR CHILD STANDING TALL,
CONFIDENT, AND FEARLESS.**

At Hollingsworth Taekwon-Do, we don't just teach kicks and punches — we build confident, disciplined, and respectful young people ready to take on life.

In a world full of screens, pressure, and distractions, children need more than just physical fitness. They need focus, resilience, and mental strength — qualities we develop in every class.

Did You Know?

Over 80% of children struggle with focus and confidence.

1 in 5 experience bullying that impacts their self-esteem for years.

Studies show martial arts students develop greater confidence, discipline, and respect.

HTKD isn't just about martial arts — it's about shaping strong, capable, and confident individuals for life.

💬 “My son's confidence has grown so much since joining HTKD. He's more focused, more respectful, and proud of what he's achieving.”

— Sarah M., Parent from Aylesbury



**HOLLINGSWORTH
TAEKWON-DO**

CALL OR TEXT 07508043384

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WHY PARENTS CHOOSE HTKD.CO.UK

1. **Confidence & Leadership:** From their very first class, your child will learn to carry themselves with pride, communicate with confidence, and earn respect — skills that shape success in school and life.
2. **Discipline & Focus:** Our structured HTKD program builds respect, focus, and self-control — habits that last a lifetime and help students excel at home, in class, and beyond.
3. **Physical Fitness & Mental Strength:** Every session develops balance, coordination, flexibility, and resilience. Students don't just learn to defend themselves — they learn to stay strong under pressure.
4. **Real Results, Proven Success:** Led by Master Hollingsworth (7th Dan) and a team of elite instructors, HTKD students progress from complete beginners to confident black belts — gaining discipline, self-belief, and the mindset to achieve anything.

“My daughter used to be quiet and unsure. Since joining HTKD, she's more confident, disciplined, and determined — both in training and at school.”

— Karen L., Parent from High Wycombe



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**YOU & YOUR CHILD DESERVES THE BEST — HTKD
IS THE GIFT OF CONFIDENCE AND DISCIPLINE.**

Your Child Deserves the Best — Give Them the Gift of Confidence and Discipline.

At Hollingsworth Taekwon-Do, we don't just teach martial arts — we build focus, respect, and resilience that last a lifetime. Our experienced instructors provide expert guidance in a safe, structured, and supportive environment, helping every child reach their full potential.

Start Your Child's Journey Today.

Experience the HTKD difference — and see the transformation for yourself.



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