

Welcome to East Northants 1st Taekwondo



ABOUT US

East Northants 1st Taekwondo is a friendly family-oriented taekwondo club that is run by Philip Weston-Riley, a 6th degree Black Belt. Our evening clubs are based in Corby, Kettering and Thrapston. We currently have over 220 members and also work within local schools, in PE classes and clubs .

WORKING WITH SCHOOLS...



East Northants 1st Taekwondo has over 17 years experience of working with local schools, we are fully DBS checked with relevant insurance cover. Through quality, comprehensive and professional taekwondo instruction, we can help in areas such as anti-bullying, fitness and self-defence, promoting respect, good behaviour, confidence, coordination, health & fitness. We can be a great alternative for children who are perhaps disengaged with the mainstream sport in the PE curriculum, making taekwondo fun for all ages and all abilities! What makes us unique is that we can offer taster sessions per class (approx 20 min sessions), on a day of a school's choosing, in order for every child to have the opportunity to try out Taekwondo! We cover a variety of different options for schools too; from breakfast clubs, lunchtimes and after school clubs. There is also the opportunity for us to work with schools in PE lessons, and offer an alternative to traditional sports.

✉ info@1st-taekwondo.com ☎ 07974 813922

🌐 1st-taekwondo.com

Find us on  @EastNorthants1stTaekwondo



Martial Arts with a Twist!

We start the fun early at East Northants 1st Taekwondo...from ages 3+, by using the Ninja Skillz age-specific child development program! Not only is it a terrific way to learn a variety of martial arts styles, but it will also help build skills that children can apply to every area of their life; 4 key areas in a child's development; Physical, Mental, Emotional and Social. Using the Skillz Program, which has been developed by an Internationally Acclaimed Children's Martial Arts Expert, we can help children remember and repeat skills to increase their control, confidence, and coordination!



We'd love to hear from you! There is lots of information on our website. Plus, we can provide references from the schools that we currently work with. Please feel free to contact us for more details.

