

# Daenamoo Taekwondo

STRONG YET FLEXIBLE

대나무라센드



## Try Taekwondo for FREE!

Wayne Wood 0428151775

wayne@daenamootkd.com.au

With the fast pace of today's society Daenamoo offers much more than just the physical aspects of training. We embrace the Taekwondo philosophy of developing all parts of one's body, mind, heart and soul, as well as instilling the morals and ethical thoughts of a true Taekwondo practitioner.

We have been in the community for close to 26 years. "Daenamoo" is the Korean word for bamboo - strong, yet flexible, and that is our club motto  
- Strong yet Flexible in mind and body.



Master Wayne Wood  
6th Dan Australian and  
Internationally recognised  
Instructor.

We have a philosophy of a no contact environment for all beginners. This generates confidence in our students and allows them to progress more effectively without fear of being hurt.



[www.daenamootkd.com.au](http://www.daenamootkd.com.au)

