



Discover the benefits of taekwon-do

Gort Taekwon-do Academy was recently set up by Galway instructor Lisa Connolly. Originally teaching her classes in Labane, she moved the academy to Gort due to expansion.

A native of Connemara, Connolly has been training in taekwon-do for 11 years, since moving to Galway city. In this time she has reached the level of 4th degree black belt – international instructor and examiner. She has found that the many training aspects make taekwon-do attractive to a great many people. Some of the benefits are increased physical fitness and confidence, improved concentration, and self-defence skills. Connolly's desire to spread the word, combined with a passion

for teaching, has led her to bring taekwon-do to the Kinvara, Labane, and Gort areas.

Since the academy originally opened, Connolly has seen the early development of a number of promising students as well as potential instructors. This year alone at the Connacht Championships 13 students won 23 medals among them. While the children's class has always been flourishing, it is great to see the adult class growing steadily also. "Our emphasis is on families training together," she said. "Many of the adults who are training also have their children in the kids' class." A great number of the students are also benefiting from extra classes with Connacht



chief instructor Shane Fitzgibbon in both Oranmore and Galway city.

Adult classes take place every Tuesday at 7.30pm with children's classes on every Thursday at 6.15pm in Gort Community Sports Centre. Phone (087) 2070583 for further details.

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