



ABOUT US

ENDURANCE Taekwondo is a full time Taekwondo centre in Torquay. Established in 2013 and currently home to around 180 students.

ENDURANCE Taekwondo is operated by Alistair Lawson, a Martial Artist since the age of 6. Alistair has achieved the rank of 4th Degree Black Belt, trained in China with the Shaolin Monks and has achieved Victorian, State and International competition success. Alistair has a background in Business Management, Sports Coaching and prides himself on his determination to succeed.

Why choose us?

Martial Arts offer a unique team building experience with skills that relate directly to the work place. A strong desire to set goals, focus and achieve results are what it takes to be successful in Martial Arts; these skills are also required to be successful in your chosen field as well as life itself. Not only will our break-out sessions rejuvenate your teams focus but they are designed to leave lasting positivity that will help them deal with any road block they may face.

Our Staff

All our staff are well trained and qualified with years of practical training. They are here to see that your team enjoy a professional, fun and rewarding experience.

Location

Based in the heart of Torquay, ENDURANCE Taekwondo operate a full time Taekwondo studio which offers state of the art facilities. It is the perfect venue for any corporate team building activity and suitable in all weather conditions. The 'Dojang' offers a great Martial Arts feel that will help set the mood for the team building activity. Internal or external conference facilities can also be used if needed and our staff and programs would come to you.



BREAKING DOWN BARRIERS

In Breaking Down Barriers, you and your team will engage in the ancient art of Board Breaking. You will Learn and Train to focus your mind to never let barriers get in the way of your success. Through this mind set only, will your determination allow you to break through a piece of Pine Board. Let your focus slip and your success will be met with a different outcome.

Do you have what it takes?



Session duration - 1 Hour



Session duration - 1 Hour +

BOURNE TO SURVIVE

Take on the role of Jason Bourne as you and your team learn what it takes to survive on the streets. You will learn Self Defence tactics and skills through this challenging session before being put through your ultimate challenge and defending yourself from multiple attacks in this controlled simulation.

Learn to be assertive, build Self Confidence and Fight Back when the odds are against you.

Could your team Survive?

CAN YOU KICK IT?

Taekwondo is a devastating Martial Art known all around the World. It's signature is its lethal combination of kicks - both powerful and amazing to watch.

In this session you and your team will experience Taekwondo kicking training and learn the art of combination kicking through skilled instruction and drills.

Taekwondo Kicking takes precision and determination and when your team are finished they will be able to impress the rest of their group with their Tornado Kicks and Spinning Side Kicks!



Session duration - 1 Hour

Ready to kick it up a gear?