



Atrium Health
Levine Children's

TRIAD AREA MARTIAL ARTS RESOURCES



LOCATIONS



TIGER KIM'S TAEKWONDO

- Ages 4 and up
- Locations: Winston-Salem, Greensboro, Kernersville, High Point, and Clemmons
- Offers Free Trial Class



TRU TAEKWONDO

- Ages 4 and up
- Locations: Winston-Salem, Bermuda Run, Kernersville, and Clemmons
- Offers Free Trial Class



PURE TAEKWONDO

- Ages 3 and up
- Locations: Kernersville
- Offers After School, Summer Camps, and Parent Night Out Events



CORE FITNESS & MARTIAL ARTS

- Ages 3 and up
- Locations: Winston-Salem
- Offers other adult classes such as Kickboxing, Brazilian Jiu Jitsu, and Yoga



TIGER ROCK MARTIAL ARTS

- Ages 3 and up
- Locations: High Point
- Offers Kickboxing and Jiu Jitsu for teens and after school program



GREENSBORO TAEKWONDO AMERICA

- Ages 4 and up
- Locations: Greensboro
- Offers Free Trial Class



CATHA TAEKWONDO

- Ages 3 and up
- Locations: Winston-Salem
- Offers Free Trial Class

YMCA & RECREATION CENTERS

Always check your local YMCA and recreation center for Youth Sports schedules, camps, and clinics