

TAEKWONDO KICKING FOR MMA



- Learn Taekwondo's lethal kicks used by a number of elite MMA champions
- Discover how to generate more power and speed
- Learn a very systematic approach to kicking, footwork and follow-up



Master Florian Joo

6th Dan Taekwondo
4th Dan Hapkido
4th Dan TukKong Moosool
Instructor Krav Maga
Blue Belt Brazilian JiuJitsu



Florian has over 35 years' experience and a deep-rooted passion for martial arts. In addition to Taekwondo, his rich cross-training experience includes Mixed Martial Arts as well as training alongside pro-fighters. As a highly experienced and engaging instructor, Florian will teach how to integrate Taekwondo kicking into your MMA toolkit.

Contact him to conduct a seminar in your martial art school.

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