

PK Taekwondo

2021

Weight loss challenge

The healthy way to control your weight is done by exercise. Our members and participants in this challenge made a great outcome [in 9 weeks last year.](#) Wondering who is going to be a winner of 2021?

1st place 2020 - 8.0kg

2nd place 2020 - 7.3kg

3rd place 2020 - 6.4kg

4th place 2020 - 4.1kg

- They put hardest efforts all the way, to achieve their goal, so everything is up to you!!
- All participants need to attend as many Taekwondo classes through the week and there is no separated class for the challenge!!
- If you consider yourself please contact Master Park on 0432 359 848, we are here to support you!!

WINNER : \$300 GIFT CARD

RUNNER UP : \$100 GIFT CARD

3RD & 4TH : \$50 GIFT CARD

FIRST WEIGHT IN : 5TH OCTOBER 2021

FINAL WEIGHT IN : 4TH DECEMBER 2021

- **PRIZE WILL BE ADJUSTED DEPENDING ON THE NUMBER OF PARTICIPANTS**