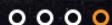


GYM FITNESS FOR GOOD HEALTH

## SHAPE YOUR BODY WITH OUR FITNESS CENTER

Lore Ipsum passages, and more recently with desktop publishing software like Aldus PageMaker including versions.

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## ABOUT US

Taekwondo, the Korean mixed martial art. | Yoga to relax the body and mind. | Zumba the dance fitness program. Each of these programs are designed by experts and taught by instructors who masters in their respective art. They are designed in such a manner that it ensures that you lead a healthy and an active lifestyle. Training gives you the physical and mental energy to power yourself in your day to day life. The different programs are also a way to form bonds with your group. The programs are integrated seamlessly into your lifestyle at Jeong Ui.

The institute also provides coaches, who are trained professionals with the skill required to teach these arts, to schools, colleges, corporate offices and residential areas. Driven by the desire to educate and train the younger generations in these art program, the coaches will travel to your school, college or office and will help you master the art.

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**JeongUi**



## WHAT WE OFFER SERVICES

### TAEKWONDO

Tae kwon do is a Korean martial art, with an emphasis on kicking techniques. The

### ZUMBA

Zumba is an exercise fitness program created by Colombian dancer and choreographer

### YOGA

Yoga - unity of physical body and the divine soul. To attain this we have to regulate all

Reasoning behind this is the leg is more powerful and has a longer reach than the arm.

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Alberto "Beto" Perez during the 1990s. Zumba involves dance and aerobic movements performed to energetic music.

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systems of our body perfectly. This can be achieved through practice of certain body postures known as ASANAS.

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## YOUR EXPERIENCE WITH US

# REVIEWS



**Shabnam Hakeem**



Jeong Ui is one of the best Taekwondo academies where my 3 girls got high exposure to martial arts. The training under Master Eldhose have helped them a lot and they really enjoyed it. Got chances to participate in different level Championships. After my elder kids getting interested towards it we invited Master to take lessons for my 3 yr old daughter and her friends at our flat. That was one of the best decision.



**Nafeesathul Misriya**



It was really good experience..I really enjoyed our first class...In every school they teaches martial arts like karate..taekwondo..but i never participated in it..So this was my first time...When our master started to teach taekwondo..I felt like I can be much stronger than now...By the support of the master I can increase my confidence... I hope I can help other people with their confidence issues....Thank you master for your support...I'm so excited for our next class..



**Niveda P**



Great classes. Really good instructors. Very patient. Equal attention is given to each student. They provide really good opportunities to participate in competitions. Also encourage and support students really well. They also train us to get good physical strength and balance. Each classes begin with warm up sessions. The theory is well detailed and tells us the importance of each and every move.



**shehnaz Abubacker**



Great value of money for the course. Eldhose Sir is a very professional coach. I would recommend to any one interested to learn Taekwondo to join here! Easily accessible location as well

2nd KERALA STATE INTER CLUB TAEK... : [Official Highlights Video](#) www.jeongui.in

MEGA TAEKWONDO SELF DEFENSE W... : [Video](#)

JEONG UI TAEKWONDO ACADEMY - H... : Lockdown Ep#3 Stay home, stay safe How to spend Lockdown vacation at home? Lets fight corona Taekwondo practice @home

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#### OUR BLOG

## NEWS & UPDATES



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Of Martial Arts,

Joseph JANUARY 21, 2021

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#### TESTIMONIALS

## WHAT CLIENT SAY'S



We had started our Taekwondo classes in 2019 and since then, JEONG UI SPORTS AND FITNESS PVT. LTD. and team have exceeded all our expectations and has been professional and systematic in their approach to impart the training to the children. We realised the importance of the sport and we are extremely lucky to have found someone like Master. Eldhose P. Aby to take our classes and make the experience enriching and valuable to the children. We thank him for his contribution and we look forward to working with him once we start functioning.

Everything I The taekwondo self defense class conducted for BBA Department students was very well done. Extremely helpful to the girls students and they are empowered to not be a victim and definitely learned new ways to defend themselves. Jeong UI Sports and Fitness Pvt. Ltd. And their team members did a wonderful job and I really appreciate how Master. Eldhose P. Aby balanced engaging the girls in a friendly and positive way but maintained a very professional demeanor throughout. Thank you Master. Eldhose P. Aby for putting so much energy into making sure the girls understood the techniques and got all their questions answered. You really went the extra mile and your genuine interest in helping them to learn was evident.



**GAYATHRI GOVIND**  
Vice Principal,  
Sanskara School



**DR. SHIBI.B**  
HOD , BBA Department,  
Bharata Mata College, Thrikkakara.

## REGISTER NOW

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## AFFILIATIONS



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- jeonguisportsandfitness@gmail.com



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