

Joshua Roach

You only live once, enjoy it!

I started Taekwondo when I was 13 years old with one of my mates Chris Iredale. I have never looked back. I do believe you should enjoy life and make the best of every day. I come to Taekwondo for the self defence mostly and the social aspect. You can really make friends for life at Irontiger. You should give it a go, it's great fun.

