



Taekwon-Do for Beginners

The benefits of Taekwon-Do include increased physical fitness, coordination, balance, concentration, self-discipline, and self-confidence. The DSA Taekwon-Do curriculum is adapted to the needs of the student while developing new areas of competence and strength. Students will learn basic Taekwon-do techniques including strikes, kicks, blocks, stances, and self defense in a fun and supportive environment.

The instructor, Manuel Darson Andaya of DSA Taekwon-Do, is a 3rd degree blackbelt who began training in 2007 at the age of 10. He has won many competitions throughout his career, including 4 times as a Canadian Champion and 3x as a North American and Caribbean Champion. He has also represented Canada in two World Championships. Manuel is also big brother to DSRF student, Darryl Andaya who started training at the age of 8 and achieved his blackbelt in 2017.

Classes will be held at DSRF and a DSRF staff member or volunteer will assist with participant supervision.

Once DSRF registration is confirmed, students or guardians must complete the DSA registration and liability waiver form: <https://goo.gl/U6YG3G>

Dates	Class Schedule	Fee	Class Size	Ages	Location
September 13 to May 9, 2019 (no class on December 20, 27, 2018, January 3, March 14, and 21 2019)	Thursdays 3:45 pm - 4:45 pm	\$367.50 (30 classes)	8	12 and up	DSRF

Students can also purchase uniforms from DSA at a cost of \$35.

Registration

Client's Information

Last Name: _____ First Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____ Date of Birth: _____

Parent Name: _____

Phone: _____ Cell: _____

Work: _____ Email: _____

Payment Information:

Cheque attached

Please charge my Visa Mastercard Amount \$_____

Name on Card: _____

Card Number _____ / _____ / _____ / _____ expiry date ____ / ____ code _____

For questions or to register please contact
Nimet Tejpar
at 604-444-3773 or
nimet@dsrf.org



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Cancellation Policy: All withdrawal requests must be received by nimet@dsrf.org one week prior to the start of the program. No refunds after the start of the program.