Taekwon-Do for Beginners 2019/2020

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 instructors, Darius Andaya, (5th Dan) and son, Manuel Andaya (3rd Dan) of DSA Taekwon-Do, are both multiple times National Champions as well as North American and Caribbean Champions. Mr. Andaya has coached several Team Canada members including Manuel who represented Canada at the World Championships in Spain (2013) and Italy (2015). They are also dad and big brother to DSRF student, Darryl Andaya who achieved his blackbelt in 2017, and will now be representing Canada at the Special Needs Taekwondo Games in New Zealand in October 2019.

Classes will be held at DSRF.

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

### Dates
September 3, 2019 to June 16, 2020
(no classes on October 1, 8, December 17, 24, 31 2019, March 10, 17 and June 2, 2020)

### Class Schedule
Tuesdays 3:45 pm - 4:45 pm

### Fee
$416.50 (34 classes)

### Class Size
8

### Ages
12 and up

### Location
DSRF

Students can purchase uniforms from DSA directly.

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

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 _____

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.