



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	Class Schedule	Fee	Class Size	Ages	Location
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)	Tuesdays 3:45 pm - 4:45 pm	\$416.50 (34 classes)	8	12 and up	DSRF

Students can purchase uniforms from DSA directly.

Registration

Client's Information

Last Name: _____ First Name: _____
 Address: _____
 City: _____ Postal Code: _____
 Phone: _____ Date of Birth: _____
 Parent Name: _____
 Phone: _____ Cell: _____
 Work: _____ Email: _____

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

Payment Information:

Cheque attached
 Please charge my Visa Mastercard Amount \$ _____
 Name on Card: _____
 Card Number _____ / _____ / _____ / _____ expiry date ____ / ____ code _____

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 fax. 604-431-9248
www.DSRF.org

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.