



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 instructors, Darius Andaya, (5th Dan) and son, Manuel Andaya (4th 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). Assisting will be DSRF student, Darryl Andaya, 1st Dan, and two-times World Champion at the 2019 Special Needs Taekwondo Games in New Zealand.

Once DSRF registration is confirmed, students or guardians must complete the DSA registration and liability waiver form: <https://goo.gl/U6YG3G>. Students can purchase uniforms from DSA Taekwon-Do directly.

Dates (2020-21)	Schedule	Location	Ages	Class Size	Fee
Sept 8 - May 18 (no classes Dec 22/29, Jan 5, Mar 16/23/30)	Tuesdays 4:30-5:30 pm	Online*	11+	8	\$456.75 (30 sessions)

* Classes will be held over Zoom to start and then we will reassess to decide if we offer in person classes. While classes are on Zoom, participants should have a caregiver train with them to serve as an assistant trainer.

Registration

To register for **Taekwon-Do for Beginners**, please visit [DSRF.org/GroupPrograms](https://www.dsrf.org/GroupPrograms) and complete the online registration form. **Space is limited; register early!**

