



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 (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.

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 directly.

Dates (2021-22)	Schedule	Location	Ages	Class Size	Fee
Sept 14 - Jun 14 <i>No classes Dec 21, 28, Mar 15, 22</i>	Tuesdays 3:45-4:45 pm	Burnaby (DSRF)	11+	8	\$555 (\$15/session, (37 sessions)

Registration

Register online at [DSRF.org/GroupPrograms](https://www.dsrf.org/GroupPrograms).

Space is limited; register early!

