

INTRODUCING



**GAIN FITNESS AND HAVE
LOTS OF FUN WITH OUR NEW
COURSES AND OBSTACLES!**

Ninja Warrior starting dates:

**Tuesdays, from the 6th of August,
6pm to 7pm**

**Saturdays, from the 10th of August,
11am to 12pm**



DOSTAEKWONDO

Not Just Another Club!

dostaekwondo.com

E-NEWS JUNE 2019



OUR PURPOSE

Is to offer the perfect balance of safety, discipline, fitness, and fun in all of our taekwondo class programs.

OUR VISION

Is to be the club where each student enjoys while learning the valuable life lessons only Taekwondo can offer.

OUR MISSION

Is to inspire more students about Taekwondo and its positive effects on an individual, both physically and mentally.

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CONGRATULATIONS TO THE DOS TEAM!



23 COMPETITORS
16 GOLD

**at The 10th KTAA Tournament in Rockdale
on Sunday the 19th of May.**

WHAT AN AWESOME ACHIEVEMENT!

**THANK YOU TO ALL OUR PARENTS,
SUPPORTERS AND FIGHTERS.**



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SCHOOL HOLIDAY:

DOS TAEKWONDO WILL HAVE ITS HOLIDAY BREAK FROM MONDAY THE 8TH OF JULY UNTIL SUNDAY THE 21ST OF JULY.

DURING THE SCHOOL HOLIDAY, TRAINING WILL BE ON MONDAYS AND FRIDAYS.



SCHOOL HOLIDAY PROGRAM



The Much Awaited School Holiday Program!

Wednesday, 17th of July

A friendly venue with qualified Tae Kwon Do trainers and careers; Our program is a great place to introduce the kids to the benefits of exercise in a fun, fully supervised environment. Keep the kids entertained; parents need never hear the words "I'm bored, there's nothing to do..." ever again!

School Holiday Program includes:

- 9am – 10.30am: 'Tae Kwon Do' fundamentals (this is adapted and applied to all ages and levels), teaching them to become comfortable in their current environment whilst creating new friends)
- 10.30am – 11am: 'Re-energize' morning break (healthy snacks; fruits/vegetables)
- 11am – 12.30pm: 'Commando' (this includes self-confidence building and team challenges. Developed to challenge and promote better understanding of actions to help your everyday situations)
- 12.30pm – 1.30pm: 'Re-energize' Lunch (lunch is catered for with nutritious and healthy food and drinks; parents will be required to choose their child's food of preference when child is booked)
- 1.30pm – 3pm: 'Dare to Challenge' (this is a creative environment where each child is given the opportunity to develop, build and enhance their skills. Each child is given their time to shine with our very best black-belts.
- 3pm – 3.30pm: 'Re-energize' afternoon break (healthy snacks; fruits/vegetables)
- 3.30pm – 4pm: 'Become Centered' (a wind down period designed to stretch and centre the body, mind and soul at the end of the day.

Times:

- Drop off: 9am
- Pick up: 4pm

Parking:

Please park and walk your child into DOS as you must sign your child into DOS for the day before they can join our care.

Cost:











\$65
per day

Due to staffing requirements, children who remain after the collection time of 4pm will be charged an extra fee of \$10 per quarter hour.



GRADING

DOS Taekwondo will be holding their 2nd grading for 2019 on Friday - 26th of July from 4pm onwards.
All fees must be paid one week before grading.

	WHITE BELT	\$ 70.00
	9th GUP	\$ 70.00
	8th GUP	\$ 70.00
	7th GUP	\$ 80.00
	6th GUP	\$ 80.00
	5th GUP	\$ 90.00
	4th GUP	\$ 90.00
	3rd GUP	\$ 100.00
	2nd GUP	\$ 100.00
	1st GUP	\$ 100.00



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BUDDY WEEK

DOS Taekwondo is holding another Buddy Week
Running from **Monday 5th of August - Monday 12th of August.**

This is a great opportunity for the students to bring their
friends down to training and be an instructor to their mates

**Grab your Buddies and bring them down for an
action packed week at DOS Taekwondo**



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BIRTHDAY PARTIES AT \$199

DOS Taekwondo also offers birthday parties. Please feel free to approach any of the instructors to book one for your son or daughter. Our Taekwondo birthday parties are packed with fun activities and surprises, supervised by 2 Master Black Belt Instructors. Invite as many friends as you want. Everyone is sure to get a kick out of your party! If you have any questions or further concerns regarding this, please contact us on admin@dostaekwondo.com or feel free to approach any of the instructors. You can also book your birthday party online and download our Dos Taekwondo invitation.



NOW WITH OUR NINJA WARRIORS OBSTACLES INCLUDED!



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SERDAR GUNER

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Keep updated with everything happening at Dos Taekwondo

