

GRADING

DOS Taekwondo will be holding their 3rd grading for 2019 on Friday - 20th of September 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



DOSTAEKWONDO

Not Just Another Club!

dostaekwondo.com

DOS INTERCLUB TOURNAMENT and CHRISTMAS PARTY

Sunday, 17th of November



**EVERYONE GETS
A TROPHY**



FREE BBQ



**JUMPING
CASTLES**

Where: Dos Taekwondo

Time: 1pm-5pm

WTF Rules

**Best opportunity for beginners
and little ones.**



DOSTAEKWONDO

Not Just Another Club!

dostaekwondo.com

E-NEWS AUGUST 2019

TOURNAMENT:
Sunday the 13th of October,
in Liverpool.

Talk to Sam or Chris for more info.

TOURNAMENT TRAINING:
Every Friday from the 23rd of August
until the school holidays.



SCHOOL HOLIDAY PROGRAM



The Much Awaited School Holiday Program!

Monday, 30th of September

Wednesday, 2nd of October

Thursday, 10th of October

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:

\$75
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.





DOSTAEKWONDO

Not Just Another Club!

dostaekwondo.com

SCHOOL HOLIDAY:

**DURING THE SCHOOL HOLIDAYS FROM
THE 30TH OF SEPTEMBER TO
THE 11TH OF OCTOBER, TRAINING WILL BE ON
MONDAYS AND WEDNESDAYS.**

NINJA WARRIOR SYDNEY IS NOW ACCEPTING BIRTHDAY PARTIES

Introducing Ninja Warrior Sydney Birthday Parties! Please feel free to approach any of the instructors to book one for your son or daughter. Our Ninja Warrior birthday parties are packed with fun activities and surprises.

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 1300 338 919 or feel free to approach any of the instructors.

You can also book your birthday party online and download our Ninja Warrior Sydney Invitation.





DOS TAEKWONDO

Not just another club

 Like us on
Facebook



<https://www.facebook.com/pages/Dos-Taekwondo/18148769784471>

Dos Taekwondo

 Like us on
Facebook



facebook.com/pages/Serdar-Guner/1500990083519219

SERDAR GUNER

LIKE US ON FACEBOOK AND BECOME FRIENDS WITH DOS
Keep updated with everything happening at Dos Taekwondo

