

GRADING

DOS Taekwondo will be holding their 1st grading for 2020 on Friday - 3rd of April 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



INSURANCE PAYMENTS

It is essential for all members to be insured whilst training at Dos Taekwondo to cover all participants in the event of an injury.

- Children (under 18) \$70
- Adult (over 18) \$100
- Cash, Check or Money Order to DOS TAEKWONDO or SPORTS TAEKWONDO AUSTRALIA

Payments for this are now due and forms will be distributed in class, we ask that you fill these out and bring them back as soon as possible.

For easy access, you may download the form here :

<https://dostaekwondo.com/wp-content/uploads/2016/03/dos-sta-insurance-form.pdf>





DOSTAEKWONDO

Not Just Another Club!

dostaekwondo.com

E-NEWS FEBRUARY 2020



PORT STEPHENS
TAEKWONDO
CHAMPIONSHIPS

Sunday the 15th of March, 2020.

Tomaree Multipurpose Complex

Salamander Way, Salamander Bay

**GREAT TOURNAMENT
TO START THE YEAR!**

**ENTRY
FEE
\$80**



SCHOOL HOLIDAY PROGRAM



The Much Awaited School Holiday Program!

-Wednesday, 15th of April 2020

-Tuesday, 21st of April 2020

-Thursday, 16th of April 2020

-Wednesday, 22nd of April 2020

-Monday, 20th of April 2020

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.





DOS TAEKWONDO

Not just another club

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<https://www.facebook.com/pages/Dos-Taekwondo/151689907126871>

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SERDAR GUNER

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

