

TRAINING HOURS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 - 4:40 (PM)	 TINY NINJAS	 TINY NINJAS	 TINY NINJAS	 TINY NINJAS	 TINY NINJAS	 TINY NINJAS 9:00 - 9:40 (AM)
4:40 - 5:20 (PM)	 MINI NINJAS	 MINI NINJAS	 MINI NINJAS	 MINI NINJAS	 MINI NINJAS	 MINI NINJAS 9:40 - 10:20 (AM)
5:20 - 6:00 (PM)	 NINJAS	 NINJAS	 NINJAS	 NINJAS	 NINJAS	 MIXED 10:20 - 11:00 (AM)
6:00 - 6:40 (PM)	 COMMANDERS	 COMMANDERS	 COMMANDERS	 COMMANDERS	 COMMANDERS	BIRTHDAY PARTIES 11:30AM - 1:30PM 
6:40 - 7:20 (PM)	 ADVANCED KICKS	 SPARRING B.	 ADVANCED KICKS	 ADVANCED KICKS	 ADVANCED KICKS	BIRTHDAY PARTIES 2:30 - 4:30PM 
7:20 - 8:00 (PM)	 TEENS	 TEENS	 TEENS	 POOMSE TIME	 SPARRING A.	
8:00 - 9:00 (PM)	 ADULTS		 ADULTS	 LADIES KICKBOXING	 SPARRING A.	

*During School Holidays, There will be training on Mondays and Wednesdays ONLY
*Strictly no back to back classes

All students are required to train in their allocated classes unless arrangements were made with Sam. During school holidays, there will be training on Mondays and Wednesdays ONLY. Friday classes are quiet for those who will be participating in the upcoming grading. This would be a good time to send your kids for extra practice.

OUR CLASSES:

With our new time table as seen above, we are able to achieve the following benefits for our kids:

- Our classes will be smaller
- Instructors will have more time with the kids
- More classes will be available to choose from
- Classes will be more dynamic
- Pure training and more fun activities
- We will dedicate time for each group separately so they'll get more out of their own classes

We apologize for the inconvenience and we hope you understand. For questions or inquiries, please feel free to contact me directly - (+61)425 324 443 | admin@dostaekwondo.com



DOSTAEKWONDO

Not Just Another Club!

dostaekwondo.com

E-NEWS MARCH 2016

TIME TABLE LEGEND

TINY NINJAS
developing and building
confidence



MINI NINJAS
base training for early
learners



ADVANCED
tournament



NINJAS
developing character
discipline



COMMANDERS
developing determination and
control



**LADIES
KICK BOXING**
fitness and confidence



TEEN
make the right choices



ADULTS
develop blackbelt mindset



**ADVANCED
SPARRING**
competition players
program



**SPARRING
BEGINNERS**
competition players
program



The number above the icon indicates the age bracket

CLASSES:

Parents, please ensure that for your kids to receive the best possible education and training we need to have classes allocated to specific ages.











- 4:00pm - 4:40pm (tiny ninjas | 3 years old and above)
- 4:40pm - 5:20pm (mini ninjas | 5 years old and above)
- 5:20pm - 6:00pm (ninjas | 7 years old and above)
- 6:00pm - 6:40pm (commanders | 10 years old and above)
- 6:40pm - 7:20pm (advanced kicks | red belt and above)
- 7:20pm - 8:00pm (teens | 13 years old and above)
- 8:00pm - 9:00pm (adults | 17 years old and above)

Please consider these changes when deciding which class your child will attend. We do this so your kids can receive the maximum benefits from our staff, with other kids who are in the same age bracket.



GRADING

DOS Taekwondo will be holding its 1st Grading for 2016 on Friday, 1st of April from 4pm onwards. White, yellow and green belts start at 4pm. Blue and red belts start at 6pm. All fees must be paid one week before the 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

E-NEWS MARCH 2016

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.

Please visit

<http://dostaekwondo.com/birthday-parties/>

for more information.



**Host your birthday party at
DOS and your child will
receive a DOS Taekwondo gift**





SCHOOL HOLIDAY PROGRAM



The Much Awaited School Holiday Program!

(Wednesday) 13th of April and (Wednesday) 20th of April

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:

\$54
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

E-NEWS MARCH 2016



DOS TAEKWONDO

Not just another club

 Like us on
Facebook



<https://www.facebook.com/pagen/Dos-Taekwondo/161482697244571>

Dos Taekwondo

 Like us on
Facebook



facebook.com/pagos/Serdar-Guner/1500990083519219

SERDAR GUNER

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

