

## GRADING

DOS Taekwondo will be holding their 4th grading for 2019 on Friday - 13th of December from 4pm onwards. All fees must be paid one week before grading.

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



**DOSTAEKWONDO**

*Not Just Another Club!*

dostaekwondo.com

# **DOS X-MAS BREAK:**

**DOS TAEKWONDO WILL HAVE ITS X-MAS BREAK FROM MONDAY THE 23RD OF DECEMBER UNTIL WEDNESDAY THE 8TH OF JANUARY 2020.**

**FROM WEDNESDAY THE 8TH OF JANUARY UNTIL TUESDAY THE 28TH OF JANUARY, TRAINING WILL BE ON MONDAYS AND WEDNESDAYS ONLY.**

**NORMAL TRAINING WILL RESUME FROM TUESDAY THE 28TH OF JANUARY.**



### SCHOOL HOLIDAY PROGRAM



#### The Much Awaited School Holiday Program!

- Monday the 23rd of December 2019
- Monday the 13th of January 2020
- Wednesday the 15th January 2020
- Monday the 20th January 2020
- Wednesday 22nd January 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/161689697344071>

Dos Taekwondo

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SERDAR GUNER

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

