



Training Venues & Times

Core Classes	All aspects of Modern Taekwondo. For students who wish to progress through the Belt System
Development Classes	Classes for members wishing to Specialise, improve their skills, in particular aspects of Taekwondo. These classes are open to all. Unlike the core classes they are not structured around the Belt grading system. These classes are essential for those wishing to compete.

Day	Time	Category	Type	Room	Location	Instructor
Monday	5.45 - 6.45pm	Juniors (age 7 - 11)	Core	Sports Hall	The Grange School Redvers Road CHRISTCHURCH BH23 3AU	Paul Western Master Naraine
	6.45 - 8pm	Sport TKD	Dev	Sports Hall		Master Naraine
	8 - 9.15pm	Seniors (age 11+)	Core	Sports Hall		Master Naraine Marina Malaffo

Tuesday	7 - 8pm	Juniors & Seniors	Core	Main Hall	Beaufort Community Centre SOUTHBOURNE BH6 5LB	Master Tata Marina Malaffo
	8 - 9.15pm	Sport TKD	Dev	Main Hall		Master Tata Marina Malaffo

Thursday	7 - 8.15pm	Novice	Core	Studio 1	LITTLEDOWN Leisure Centre Chaseside Bournemouth BH7 7DX	Master Naraine Master Smedley
	8.15 - 9.30pm	Advanced	Core	Studio 1		Master Naraine Master Efezeybek

Friday	3.30 - 4.30pm	Children (age 7 - 11)	After School Club	Sports Hall	Stourfield Junior School Stourvale Road SOUTHBOURNE Bournemouth BH6 5JG	Master Efezeybek
	6.30 - 7.30pm	All Ages	Core	Studio	PELHAMS PARK LEISURE CENTRE, Manor Farm Road, Kinson , Bournemouth. BH10 7LF	Chris Samuals Edward Inge

Saturday	10 - 11am	Novice	Core	Studio 1	LITTLEDOWN Leisure Centre Chaseside Bournemouth BH7 7DX	Master Smedley
	11 - Midday	Advanced	Core	Main Hall		Master Smedley
	11am - 1pm	Sport TKD	Dev	Main Hall		Master Tata

Sunday	10 - Midday	Demonstration	Dev	Main Hall	LITTLEDOWN Leisure Centre Chaseside Bournemouth BH7 7DX	Master Kay
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Sport TKD

Demonstration Team

Patterns / Poomsae Team

Preparation for World Taekwondo Olympic Competition Sparring aka Dorset Taekwondo Tigers. The demonstration team train seasonally approx April to December. Please speak to your instructor who can keep you updated

Preparation for Patterns Competition. Initially these classes will be one a month during Core classes. See website for further details