



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.
High Performance Classes	Classes for members looking to represent the club in competition. These classes are typically by invitation, but please speak to your instructor if you are interested.

Day	Time	Category	Type	Room	Location	Instructor
Monday	6 - 7pm	Juniors (age 7 - 11)	Core	Sports Hall	The Grange School Redvers Road CHRISTCHURCH BH23 3AU	Master Naraine Marina Malaffo
	7 - 8pm	Sport TKD	Dev	Sports Hall		Master Naraine Marcin Swedrzynski
	8 - 9pm	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
	8 - 9pm	Sport TKD	Dev	Main Hall		Master Tata
Wednesday	3.45 - 4.45pm	Children (age 4 - 9)	After School Club	Main Hall	St Clements Hall St Clements Gardens BOSCOMBE Bournemouth BH1 4DZ	Master Tata
Thursday	7 - 8.15pm	Novice	Core	Studio 1	LITTLEDOWN Leisure Centre Chaseside Bournemouth BH7 7DX	Master Naraine Master Smedley
	8.15 - 9.30pm	Advanced	Dev	Studio 1		Master Naraine Master Efezeybek
	7 - 9pm	Sport TKD	High Perf	Main Hall	Trinity Church Hall SOUTHBOURNE Road Bournemouth BH6 5AQ	Master Tata
Friday	3.30 - 4.30pm	Juniors (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 Master Kay
	11 - Midday	Advanced	Core	Main Hall		Master Smedley Master Kay
	11am - 1pm	Sport TKD	Dev	Main Hall		Master Tata Steve Winnington
Sunday	1 - 3pm	Demonstration	Dev	Main Hall	LITTLEDOWN Leisure Centre Chaseside Bournemouth BH7 7DX	Master Kay

Sport TKD

Demonstration Team

Patterns / Poomsae Team

Preparation for 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 twice a month during Core classes.

See website for up to date details