



Training Venues & Times

Kickstars Classes	Taekwondo classes specifically designed for 5-7 year olds (School years 1-3)
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	5.30 - 6.30pm	Kickstars (Age 5-7)	Kickstars	Sports Hall	The Grange School Redvers Road CHRISTCHURCH BH23 3AU	Master Naraine Paul Western
	6.30 - 7:50pm	Age 8+	Core	Sports Hall		Master Naraine Paul Western
	7:50 - 8:40pm	Sport TKD	Dev	Sports Hall		Master Naraine

Thursday	6:30 - 7:30pm	Novice (Age 8+)	Core	Sports Hall	The Grange School Redvers Road CHRISTCHURCH BH23 3AU	Tom Ahnstrom
	7:30 - 8.30pm	Patterns / Poomsae	Dev	Sports Hall		Tom Ahnstrom

Friday	6 - 7pm	All Ages (7+)	Core	Studio	Ferndown Leisure Centre Cherry Grove, Ferndown BH22 9EZ	Chris Samuals Cassidy Maidment
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Saturday	11 - 11:55am	Kickstars (Age 5-7)	Kickstars	Mail Hall	LITTLEDOWN Leisure Centre Chaseside Bournemouth BH7 7DX	Marina Malaffo
	11 - 12:15pm	Age 8+	Core	Main Hall		Master Naraine
	11 - 12:15pm	Age 13+	Core	Main Hall		Tom Ahnstrom
	12:15 - 1:30pm	Patterns / Poomsae	Dev	Main Hall		Tom Ahnstrom
	12:15 - 1:30pm	Sport TKD	Dev	Main Hall		Master Naraine

Sport TKD

Preparation for World Taekwondo Olympic Competition Sparring. Classes involve contact drills and sparring.

Patterns / Poomsae Team

Preparation for Patterns Competition.