



Training Venues & Times

Kickstars	Taekwondo classes specifically designed for 5-7 year olds (School years 1-3) <i>Term time only</i>
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. These classes are split into Sparring & Patterns and are essential for those wishing to take part in competition.

Day	Time	Category	Type	Room	Location	Instructor
Monday	5.30 - 6.30pm	Children (age 7 - 11)	Core	Sports Hall	The Grange School Redvers Road CHRISTCHURCH BH23 3AU	Master Naraine / Jemma Naraine
	6.30 - 7.50pm	Age 11+ & Families	Core	Sports Hall		Master Naraine
	7:50 - 8:40pm	Sport TKD / Sparring	Dev	Sports Hall		Master Naraine Master Reza

Thursday	6:30 - 7:40pm	CORE (Age 11+)	Core	Sports Hall	The Grange School Redvers Road CHRISTCHURCH BH23 3AU	Master Naraine
	7:45 - 8.45pm	Patterns / <i>Poomsae</i>	Dev	Sports Hall		Master Naraine

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	10:30 - 11:25am	Age 5-7	Kickstars	Main Hall	LITTLEDOWN Leisure Centre Chaseside Bournemouth BH7 7DX	Karla Collins
	10:30 - 11:45pm	Age 8-11	Core	Main Hall		Jemma Naraine
	10:30 - 11:45pm	Age 11+ / Adults	Core	Main Hall		Master Naraine
	11:45 - 1pm	Sport TKD / Sparring	Dev	Main Hall		Master Naraine
	11:45 - 1pm	Pattern / <i>Poomsae</i>	Dev	Main Hall		Jemma Naraine

Sport TKD / Sparring Squad Preparation for World Taekwondo Olympic Competition Sparring. Classes involve contact drills and sparring.

Patterns / Poomsae Team Preparation for Patterns Competition. Classes focus on Accuracy and Presentation, without losing sight of the application of the movements.