

SCHEDULES

Classes are held at:

Collingwood House
5288 Joyce St., Vancouver, BC

Mondays (Gym)

6:00-7:00 pm Kids and Adults

7:00-8:00 pm Adults and Coloured Belts

Thursdays (Multipurpose Hall)

5:30 to 6:30 pm Kids and Adults

Westerman Elementary Gym

7626-122nd St., Surrey

Wednesdays 7:00-8:00

Call to Register. You may start anytime.

Belt testing usually about every
two months.



Member:

International Taekwondo Federation (ITF)



▶ DSA Royal International Taekwondo Club
Phone: 604-639-6713
Cell: 604-551-4488
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Taekwondo



**DSA ROYAL
INTERNATIONAL
TAEKWONDO CLUB**

dsataekwondo.com

(604) 639-6713



Taekwon-do is a Korean art of self defense that emphasizes on kicks thrown from a great distance, using the legs' greater reach and power.

Taekwondo training generally includes a system of blocks, punches, and open-handed strikes and may also include various take-downs or sweeps, throws, and joint locks.

태권도

Taekwon-Do develops:



- Listening skills
- Concentration
- Confidence
- Respect
- Discipline
- Leadership
- Teamwork
- Physical fitness
- Self-esteem.

THE TENETS

COURTESY
INTEGRITY
PERSEVERANCE
SELF CONTROL
INDOMITABLE
SPIRIT

The practice of these tenets as a "Way of Life" is strongly encouraged not only within the Dojang (training hall) but in all aspects of the students' daily lives.

OUR GOALS

Taekwondo is not just a sport, it is a WAY OF LIFE.

As with anything in life, taekwondo and its practitioners continuously evolves. As the students learn from their instructors, our instructors are forever students themselves, constantly learning, advancing, and studying, as they guide their students towards their own goals. Our goal is to provide an unending chain of knowledge, where generations upon generations would be able to learn self-defense and create a more peaceful world. Through taekwondo, our students learn to be the best they can be—as a person and as member of their own families and communities.



HEAD INSTRUCTOR

"Sir Dar" or Mr. Andaya received his black belt and principal of taekwondo license from the Philippine International Taekwondo Jido Kwan Association (Member of Hapkido) in 1989. For several years, he shared his knowledge of self-defense to anyone who is willing to learn, from the Philippines to Houston, Texas to Vancouver. He is also a student of Arnis (Filipino stick fighting) under Datu Shishir Inocalla (TNMT's "Michaelangelo")

Recently, he received accreditation from the International Taekwondo Federation and continued his formal training under the guidance of Mr. Hal Lipscombe (ITF 6th Dan).

Sir Dar believes that knowledge is the only resource a person could have that nobody could ever take away. By sharing his knowledge of taekwondo to his students, he believes that this knowledge can only grow as it is transferred, adapted and enhanced by each student according to their own needs and experiences.

OUR PROGRAM

Please see the back of this page for the schedule of classes. Children and adults, from all walks of life are invited to come and give us a try.

Although a member of ITF, we are, proudly, a small club and we intentionally wish to remain as a small club. We limit our number of students so that we could give them the proper attention they deserve.



OUR FEES

Our fees are very reasonable:

Please contact us for current monthly fees.

Other charges that may apply:

1. Dobok. An official ITF uniform is required .
2. Test Fees. About every 2 months of training, the student becomes qualified to advance to the next belt level. The test fee is used to cover expenses and ITF examiner.
3. Sparring Equipment. Once reaching a certain level of skill, a student is required to acquire their own sparring safety equipment.