Martial Arts - Tae Kwon-Do - Self Defence - Kickboxing Training - For Men, Women & Children

Thank you for your interest in our Tae Kwon-Do classes, in your area.

I would like to take this opportunity to personally invite you to <u>2 Weeks of FREE Taster Lessons</u> at your local TAGB Tae Kwon-Do School.

Along with this invite is a first lesson questionnaire, which I would like you complete and bring with you to your first lesson. Your local classes are shown on the second page, along with a guide to age ranges.

During your 2 Weeks of FREE taster lessons, you will be given an enrolment pack containing all the relevant information required to join, including details of cost, equipment required and application forms. Please note at no time are you obliged to join.

If during your FREE taster lessons you have any questions please do not hesitate to ask any of the Instructors

For your FREE taster lessons you will need to wear, tracksuit / jogging bottoms and T-shirt / sweat shirt please bring with you a drink in a sealable / sports bottle and the completed First Lesson Questionnaire.

I look forward to seeing you soon.

Yours in Tae Kwon-Do

Martyn Dipper 5<sup>th</sup> Dan

**Senior TAGB Tae Kwon-Do Instructor** 

DIPPER

Tel: 07968 242231

Email: instructor@self-defence.org.uk

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Training Town / Venue:	Training Times & Age Ranges:		
CALNE	,		
<b>St Dunstan School</b> William Street, Calne Wiltshire SN11 9BD	Tuesdays 5.30-6.30pm Tuesdays 6.30-7.30pm	Juniors 4 – 7 years Adults, Teens & Juniors (8 years plus)	
Calne Leisure Centre White Horse Way, Calne Wiltshire SN11 0SP	Fridays 6.00-7.00pm Fridays 7.00-8.00pm	Juniors 5 -10 years Adults & Teens (11 years plus)	
<b>DIDCOT</b> (additional classes available in W	/antage_see below)		
Fleet Meadow Community Hall Sandringham Road, Didcot Oxfordshire OX11 8TP	Tuesdays 5.30-6.30pm Tuesdays 6.30-7.30pm Sundays 7.00-8.00pm	Juniors 5 - 8 years Adults, Teens & Juniors 9 years plus Adults, Teens & Juniors 6 years plus	
NEWBURY (additional classes available	in Thatcham, see helow)		
Northcroft Leisure Centre Northcroft Lane, Newbury Berkshire RG14 1RS	Mondays 6.00-7.00pm	Juniors 4 - 10 years	
Trinity School Sports Centre Love Lane, Newbury Berkshire RG14 2DU	Mondays 7.30-9.00pm	Adults, Teens & Juniors 10 years plus	
SWINDON EAST			
New College Sports Centre New College Drive, Swindon Wiltshire SN3 1AH	Wednesdays 5.00-6.00pm Wednesdays 6.00-7.00pm	Juniors 4 - 7 years Adults, Teens & Juniors 8 years plus	
THATCHAM (additional classes available	e in Newbury see above)		
Francis Baily School Skillman Drive, Thatcham Berkshire RG19 4GG	Thursdays 6.30-7.30pm Thursdays 7.30-8.30pm	Juniors 4 - 10 years Adults, Teens & Juniors 10 years plus	
WANTAGE (additional classes available	in Didcot, see above)		
Wantage Leisure Centre Portway, Wantage Oxfordshire OX12 9BY	Wednesdays 8.30-9.30pm Sundays 5.30-6.30pm	Adults & Teens Adults, Teens & Juniors 4 years plus	

**Notes:** These classes are suitable for beginners and existing Tae Kwon-Do students. Age ranges are as indicated; please speak to the instructor if you have any problems.

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FIRST LESSON QUESTIONNAIRE:			
Thank you for taking an interest in your local TAGB Tae Kwon-Do Schools.  Before you take part in any lesson you <b>MUST</b> complete this basic questionnaire <b>FULLY</b> and hand in to the school instructor at your first FREE lesson.			
Students Full Name			
Date of Birth			
Full Address including postcode			
Telephone Number			
Email Address			
How did you hear about our TAGB Tae Kwon-Do Schools? (If a friend, please state their name)	. A .	G.B.	
Have you done any martial art training before? If yes please give details	TERN	ATIONAL	
Is there any known medical reason why you should not take part in a Tae Kwon-Do lesson?			
Do you suffer from any of the following? HEART DISORDER / ASTHMA / MIGRAINE / EPILEPSY / DIABETES / NERVOUS DISORDER / HAEMOPHILIA / HAY FEVER / Any others			
If YES please give details:			
Signed		Date of first FREE lesson	
Parents to sign if student under 16 y	years of age		