

**BIRSTALL TAE KWON-DO**

Building confidence through achievement

***NEW MEMBERS*****WELCOME TO BIRSTALL TAE KWON-DO**

Mr Andrew Freer, your 3rd Degree Black Belt instructor welcomes you to the Birstall club, a member of the Tae Kwon-Do Association of Great Britain.

Andrew, 47, has been training in Tae Kwon Do since February 1994. He has attended many major competitions as both a competitor and a qualified referee, including refereeing at the 2005 World Championships.

His initial reason for starting was to take up a sociable hobby that would keep him fit and required little time. Achieving the early gradings gave him the confidence to progress to the level he has reached today. He now aims to use his experience to pass on the knowledge to you, the members of the club.

***TRAINING TIMES*****MONDAY & THURSDAY****6.30pm—7.30pm****Riverside Community Primary School  
Wanlip Lane, Birstall**

All new members can train either once or twice a week.

This applies to both adults and juniors.

***TRAINING FEES*****AT THE BEGINNING OF EACH MONTH**

Block of eight classes (one hour twice a week) £33

Block of four classes (one hour once a week) £22

Yearly Licence Fee £34

- First month of four or eight classes are **FREE**
- Licence fee is due **before** your second class.
- Every student must be licenced with the T.A.G.B.

**BIRSTALL TAE KWON-DO  
INSTRUCTOR: MR ANDREW FREER  
GRADE: 3RD DEGREE BLACK BELT  
CONTACT DETAILS TEL: 0116 2600603**

**EMAIL: INFO@LEICESTER-TAEKWONDO.CO.UK**

***HELP US TO EXPAND  
THE CLUB***

- ◆ Tell your friends or family about the club and bring them to a training session. Let them know this is free.
- ◆ Give a copy of the newsletter to anyone you think may be interested in joining the club.

***IMPORTANT NOTICE***

Please make sure you are on time for the training sessions. They will begin at 6.30pm.

If a student is unable to attend a training session it is up to that student to make up the session on another night as refunds will not be given for training sessions missed.

***ANY QUESTIONS OR  
PROBLEMS ?***

As always if any student or parent has any questions or problems please feel free to talk to Mr Freer or Karen. They are here to help you.

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