

Newsletter

Stretching seminar (Yoga for Martial Artists):

Yoga.

We have Fay from “Yoga with Fay” coming to TSTUK on the 13th October to do a 2 hour seminar and improve flexibility for our older groups. This is strictly a +15 year old session and will be running from 2pm – 4pm.

Places are limited so booking is essential. The cost is £25 and you can book by email, text, Facebook message to TSTUK, or through your club instructor.

Coloured Belt master classes

We will be holding a Blue Belt only master class on 20th October 1pm – 2pm and a Green belt class 2:15pm – 3:15pm, these sessions will be £5 and open only to the belt stated. We have identified issues people are having on these grades, and being stuck at the grade for a long time. We hope by spending an hour just going through the grade related criteria we can iron out any issues and help push people along.

If this is something you'd like to see for your grade and we have enough interest we will do this for other belts in the future. It is the next best thing from a private lesson.

Remember private sessions of ½ hour £15 and full hour £30 are available on areas you may need extra help with.

Kids Yoga and Martial Arts

23rd October during half term we will be running a 9am – 12 noon fun course involving a mix of martial arts and yoga. The course is £10 per child or £18 if you have 2 siblings wishing to attend, a drink and snack will be provided.

Coloured belt grading

10th November will be the next grading at TSTUK Coventry. Invites will start to come home soon if students are ready. Times of the grades will be sent out nearer the time

Christmas Party

We will be holding our annual Christmas party and awards evening at Coundon Social club on 7th December. More details including prices and what's on will be on a separate letter handed out very soon.

Please note that all money raised for this event will go towards costs of travel etc. for a family whose son trains with us and whose other child is currently having treatment in Birmingham for a rare type of cancer.

Instructor's course

We will be holding instructors courses in Coventry on November 3rd. open to students over the age of 11 and of grade red belt or above.

Juniors will run from 9am – 12 noon and cost £65

Adults 9am – 4pm and cost £110 (lunch provided)

The course is both practical and written and will take place in the TSTUK fitness studio and the Coundon social club.

Certification of assistant instructor will be received on completion.

We will be holding Full instructors course also very soon which will include:

Health and safety

First aid

Coaching

DBS enhanced check

Marketing and advertising

Teaching

Safe guarding

This will be open to adults +18 who either run or wish to run their own Taekwon-Do classes.

Did you know?

We now run classes on Wednesdays 1:30pm for ages 2 ½ to 4 year olds. Our pre-school classes are fun and interactive. Get in touch for more info.

Adults/Parents

Why not get involved and have a go yourself. We run 7 adult classes a week, they are a fun way to get fit and learn some self-defence. Give it a go, first class free.

Stay up to date with all goings on via Facebook @covtstuk and also www.coventrytaekwondo.com