

BENEFITS OF TAEKWON-DO

Socialize and meet new friends.
Learn to Defend Yourself
Enhance your Physical Fitness
Lose Weight
Boost Self-Confidence and Self-Esteem
Increased Focus and Mental Acuity
Develop Self Discipline
Increased Coordination and Balance
Develop Flexibility and Ambidexterity
Bond with family members

Relieve Stress and Be Happier!



TKD TRIVIA
*2nd only to Running,
Taekwon-Do burns the
most number of calories
in an hour.*

FOR CURRENT SCHEDULES
AND PROMOTIONS
PLEASE GO TO OUR
WEBSITE AT
DSATAEKWONDO.COM



DSA TAEKWON-DO
4600 Imperial St., Burnaby, BC
604-355-0372
web: dsataekwondo.com
email: dsataekwondo@gmail.com

Call today for a
FREE TRIAL!
Bring a friend
for a referral bonus!

TAE KWON DO





THE STUDENT OATH

We believe that Taekwon-Do is not just a sport but a way of life. Our students live by the following code on their way to mastering the techniques of Taekwon-Do while becoming productive members of our society.

*I shall observe the Tenets of Taekwon-do:
Courtesy, Integrity, Perseverance,
Self-Control, Indomitable Spirit*

I shall respect my Instructors and Seniors

I shall never misuse Taekwon-Do

I shall be a Champion of Freedom and Justice

I shall build a more Peaceful World.



WE ARE
DSA



Taekwon-Do is for EVERYONE!

*No age limit! As long as they
can follow instructions,
they can train.*

*Everyone trains according to their
own abilities. Your instructors
will push you to go beyond your
comfort zone and excel. We have
different programs available:*

** TKD Kids / Little Dragons 6- years
a preparatory program*

** ITF program 7+ years
the regular ITF course*

** Harmony program 50+ years
and adapted program for those
starting in their later years*

** Adapted Taekwon-Do
for those with physical or mental
challenges.*

** Family Taekwon-Do
for those wishing to train
while bonding with family members*

WHAT IS TAEKWON-DO?

Taekwon-Do is one of the most systematic and scientific traditional martial arts that teaches more than physical fighting skills. It is a discipline that shows ways of enhancing our spirit and life by training our body and mind.

One of the oldest form of martial, its name was selected for the appropriate description of the art: Tae (foot), Kwon (hand), Do (art).

DSA Taekwon-Do is a proud member of:
International Taekwon-Do Federation
Canadian Taekwon-Do Federation International
ITF of BC
Canada Special Needs Taekwon-Do Association

