



TDog Taekwondo

AFTER-SCHOOL & CO-CURRICULAR PROGRAM

TAEKWONDO FOR YOUR SCHOOL

A structured Taekwondo program for high schools, run as a co-curricular sport or after-school activity. It builds fitness, discipline and practical self-defence, with an optional pathway into competition for keen students.

HIGH SCHOOLS · YEARS 7-12 · NSW



WHAT STUDENTS GAIN

- ✓ Fitness, strength and coordination
- ✓ Self-discipline and focus
- ✓ Practical self-defence skills
- ✓ Resilience, respect and an optional competition pathway

HOW IT RUNS

FORMAT

Ninety-minute sessions, run as a co-curricular activity or within your after-school program.

LOGISTICS

We bring the equipment and the structure. Your school provides a hall or suitable space.

SCHEDULING

Weekly across the term, on a day and time that suits your timetable.

SAFETY & COMPLIANCE

Student safety is central to how we operate. Our program is delivered by qualified TDog Taekwondo instructors with the checks and certifications schools expect.

- ✓ Working With Children Check (NSW) held by every TDog Taekwondo instructor
- ✓ First Aid and CPR certification held by every TDog Taekwondo instructor
- ✓ Public liability insurance in place
- ✓ Clear codes of conduct and a child-safe approach at every session
- ✓ Age-appropriate, controlled activities with no full-contact sparring for beginners

MEET THE HEAD COACH



Your program is led by Taj Pereira, founder and head coach of TDog Taekwondo, a 2nd Dan black belt and nationally accredited Taekwondo (Kyorugi) coach with over thirteen years in the sport.

Taj personally coaches where his competition and coaching schedule allows. Where he is not on the mat, sessions are led by qualified TDog Taekwondo instructors, every one of whom holds a Working with Children Check, First Aid and CPR certification.

2ND DAN BLACK BELT

NATIONAL KYORUGI COACH

NATIONAL RANK #3 · 2024-25

MULTIPLE-TIME NSW CHAMPION

WWCC

FIRST AID & CPR

GETTING STARTED

We make it simple. Get in touch and we will arrange a time to discuss your school's needs, confirm scheduling, and answer any questions from your sport coordinator or principal.

EMAIL

tdogtaekwondo@gmail.com

WEB

tdogtaekwondo.com

AREA

Programs across NSW