

Dean Gibbs

DRG Active

Contact information:

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07989642132

www.DRGActive.com

Available to teach:

- Taekwondo (Traditional)
 - Taekwondo (Olympic)
 - Hapkido
 - Fitness
 - Flexibility
 - Street Self Defence
 - As Running Partner
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- All levels of fitness.
 - Individuals or groups.
 - Ages from 4yrs old to adults.
 - Beginners and experienced.

About Dean:

- Experienced Instructor.
- Full CRB Check.
- Registered with British Taekwondo. (National Governing Body)

Dean has been involved in martial arts and fitness since 1989 when he started training aged six. Now as an experienced national and international coach and competitor, he has proven training methods to suit all ages and abilities. Dean prides himself on the ability to find the potential in all his students.

As well as being an excellent motivator and teacher Dean brings a relaxed but hard working atmosphere to his classes.

In addition to private lessons Dean runs regular classes for all ages in Caterham, Coulsdon, Godstone and South Croydon.



Instructor Profile



Dean Gibbs

Based in caterham and surrounding areas. Available for private lessons , short courses , working with schools, training at home, outdoors or at our venues.

Price List

- At our venues £35 per hour
- At home, outdoors or at your venue £25 per hour

Taekwondo

Taekwondo is a lively and energetic martial art that boasts some of the most dynamic and effective kicking techniques of all. With both a traditional and Olympic competition side, Taekwondo really does offer something for everyone.

Hapkido

Hapkido includes explosive kicks and sweeps, a diverse range of locks, blocks and strikes for close quarters combat and some of the most practical falls, rolls, breaks and throws of all the martial arts. Hapkido is the study of body mechanics and joint manipulation. All these aspects form an attacking and defensive combat system.

Fitness

At home or in our classes, fitness training is an energetic activity designed to improve your strength, endurance, stamina and general fitness. We work together in a fun but hard working atmosphere to push your own ability. Suitable for all levels of fitness.

Flexibility

Flexibility is often an important part of any sport or activity. Our instructors will lead you through effective stretching routines and show you correct technique. The majority of the training will focus on partner and assisted stretching. This provides you with the extra push often needed for improvement. You will also be shown stretches you can practice on your own.

Street Self Defence

The techniques taught in street self defence are direct, effective and have been developed with input from ex-british special forces, Styrathclyde police officers and martial arts masters. We supply pads and equipment for you to practice and perfect your techniques. Training is tailored to suit its participants and aims to show each person how to best use their own strengths. The areas street self defence training will focus on are: Fitness, situation assessment , strikes, blocks, kicks, releases, close quarters defence work and weapons.

Running Partner

If you do not like running alone or simply need that extra motivation we can help. We go for a relaxed run at your pace. We show you how to break your run into manageable sections and give you advice on how to keep moving. Suitable for all levels of fitness including complete beginners.

Contact Dean today to book your lesson