

태권도



Sydney Academy of Taekwondo

Newsletter

June 2009

DATES: - **TERM 2** finishes July 10th. **TERM 3** July 27th - October 2nd

GRADINGS - Colour belt: St Ives Wed 1st July & Forestville Thurs 2nd July.

BLACK BELT: Saturday 4th July St Ives.

Holiday TKD Camp Forestville Tuesday 14th Wed 15th and Thurs 16th July. 9am-3pm each day

100 patterns.

A sheet is available at class and is encouraging students to practice patterns at home with a parent watching. For every pattern done a initial and date is marked in the box's. Once the sheet is complete bring it in to class. The student who produces the most sheets before term finishes receives a training bag.

Our Junior **"TKD Boot Camp"** in the first week of the holidays July 14-16th July is designed for the adventurous and high personal in all of us. a great way to kick the boredom out of the break -Application forms online www.satkd.com.au All welcome 6yrs- 15yrs. All students taking black belt exams this year are encouraged to attend. All facets of test and tournament will be covered over the 3 days of "Taekwondo boot camp."

NSW Championships August 2009 Olympic Park Homebush. www.tkdns.org.au

All entering are to download the forms from the state web site. They will be posted soon so keep an eye out for them. We are anticipating further success in our team pattern division. Who's in? Mat Tatum Sandy Emma Ali Justin Alexey.....?

Assistance with Junior Classes

All 14-17yrs Red/Black belt players wanting to commit themselves for junior mentoring in Little Dragons and Dragon Warrior classes are encouraged to do service. This will promote the enthusiasm levels needed to succeed to black and beyond. If you are good around little kids and want to assist with classes we want to here from you.

Equipment needed for partner / sparring training.

At yellow belt levels we require that you have arm and shin/instep guards, at Blue belt levels requirements are that you have a chest guard as well as arm and legs and at red belt levels we require that you have all equipment Head guard mouth guard as well, needed for partner training and sparring. Protective equipment, i.e. arm/body/shin/head guards etc... Are used for safety measures and the prevention of injuries that could occur with this type of training

...on sparring.

Little Dragons-young students, 4-9yrs especially this age, are fuelled by media concepts of martial arts skills and such expect instant results, with just the same amount of excitement and colour, generally speaking. Concentration and cooperation are the two essential elements needed here and for 4-9yrs it's a steep learning curve. Discipline and positive behaviour are also required and therefore sparring drills and contact training is shared with those who adhere to these requirements.

It is very much appreciated that all parents drop off and pick up their kids. Staying in and watching training is counter productive with young ones and also distractive. Your assistance with this is appreciated.

Term Enrolment.

Please see our information on enrolment.

Thanks to all who have remitted their fees for term 2. Term 3 re enrolment forms are on our web site.

We have a 5% discount off fees for all who transfer funds or send payment with form filled in, before the 1st week of term other wise full fees apply from the 1st week of term.

Late payment fee: after the 2nd week of term a 10% late fee will apply.

Please ensure that all forms come back either to class or thru the post or email so we can properly maintain class size and structure. Your assistance in this is greatly appreciated. Thank you.

Training Shoes Leather -All Kids & Adult sizes	\$49.00 .
TKD Training Bags sale: Tough and durable TKD gear bag	\$30.00
Training Kits: 1x Training bag, 1x shin and arm guards plus 1x chest guard.	\$129.00
Chest Guards/Protectors : Reversible tournament quality	\$79.00
Training uniforms : Out they go at	\$49 (white V-neck) and \$59 (Black V-neck)