

# Sydney Academy of Taekwondo

## Newsletter April - 2010

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<b>Term 2</b>	<b>Monday, 19<sup>th</sup> April - Friday, 2<sup>nd</sup> July.</b>
<b>Gradings:</b>	<b><u>Colour</u> Wed 23<sup>rd</sup> &amp; Thurs 24<sup>th</sup> June</b> <b><u>Black belts</u> Saturday June 26<sup>th</sup></b>
<b>Winter TKD Holiday clinic:</b>	<b>Tues 13<sup>th</sup> Wed 14<sup>th</sup> Thurs 15<sup>th</sup> July</b>
<b>Korean Training Tour:</b>	<b>September 25<sup>th</sup> - October 3<sup>rd</sup> 2010.</b>



### Black Belt Grading Results –March.

The following students: **Sam Ayton** Forestville, **Francesca de Luca** St Ives, **Rachel Pulver** St Ives, 1<sup>st</sup> Dan Black belt and **Ali Berro** Forestville 3<sup>rd</sup> Dan Black belt demonstrated their finest performances to date passing their reassessment test. **Bianca Falvo** Forestville and **George Persaud** Forestville had their assessment test and were successful in achieving provisional/Cho Dan Bo Black belt. Congratulations and commendations go to these students for their display of outstanding commitments.

### Colour belt grading results

Congratulations also go to the following students for achieving the following gradings:

Alyssa Britton - Yellow 1	Bala Rajaratnam - Yellow 2	Guy Burlinson – Blue 2
Joshua Britton - Yellow 1	Blaine Reeves - Yellow 2	Yuya Kojima – Blue 2
Adrian Dover - Yellow 1	Dae jin Stanton - Yellow 2	Oliver Korthout – Blue 2
Ameadeou Hardyanto - Yellow 1	Anika Thind - Yellow 2	Aiden Rajaratnam – Blue 2
Dylan Giles-Manor - Yellow 1	Declan Webster - Yellow 2	Kristen Rajaratnam – Blue 2
Ronan James - Yellow 1	Benton Webster - Yellow 2	Ryan Tan – Blue 2
Alex Moody - Yellow 1	Liam West - Yellow 2	Simran Thind – Blue 2
Ethan Moody - Yellow 1	Nicholas Aerenga - Yellow 3	Jordan Ciantar – Blue 3
Nicholas Nowland - Yellow 1	Nicholas Elliott - Yellow 3	Bianca Chen – Blue 3
Jeremy Stacey - Yellow 1	Ailiya Greaves - Yellow 3	Jordan Manuel – Blue 3
Daniel Stitz - Yellow 1	Toby Mok - Yellow 3	Russell Tan – Blue 3
Harry Baral - Yellow 2	Alex Stuart - Yellow 3	Andrew Down - Red 1
Junu Choi - Yellow 2	Reuben Tunks - Yellow 3	Stephanie Eliot – Red 1
Esther Choi - Yellow 2	Patricia Wang - Yellow 3	Amin Habibi – Red 1
Michael Gurevich - Yellow 2	William Zhan - Yellow 3	Morgan Westley – Red 1
Zack Korthout - Yellow 2	Piper Gray - Blue 1	Liam Serra – Red 2
William Morris - Yellow 2	Brendan Jones - Blue 1	Zachary Sternberg – Red 2
Joseph Pulver - Yellow 2	Keiya Kojima – Blue 2	Tal Erks - Red 3
	Byron Ayton – Blue 2	Patrick Nowland – Red 3

**Well Done to you all for your outstanding and continuous efforts throughout the term!**

### Black Belt- preparations.

All students preparing for Black belt grades are recommended to be present a minimum of 3 training sessions per week. If you are intending to take this test, you must also intend to deliver consistent preparations. Best of luck and solid preparations. Get a Kick-on!!

**Sept 25- Oct 3 Korean Training Tour**



We are inviting Expressions of Interest for an extensive 9 day training tour to South Korea.

During the tour we will be visiting and training at the "Kukkiwon" & Yong In University plus Jang Chung Taekwondo Academy. Information nights will be held during May & June

All inclusive:- Air Fares, accommodation (3½ star), transfers, all meals, entry to temples, palaces and folk villages plus admission to all training sessions. Sightseeing and plenty of TKD shopping! We are being looked after by the Korean National Tourist Organisation and Lotte Travel – Mr. William Seung

### **Forestville, Re-location classes Term 2 - April till May**

We are at **Terrey Hills** on **Thursdays** until the renovations are complete at Forestville.

We have been informed that the Forestville Hall will be ready by 1<sup>st</sup> week in May. This is a true possibility with progress of the building and refurbishments in full swing. We are looking forward to returning to the brand new facility. Thanks for your assistance and cooperation. Please see the latest timetable on website for Terrey Hills, Pymble and St Ives class times.

### **Week – 4. Wear your favourite sports team jersey/strip.**

In Week 4 all players are encouraged to wear their favourite footy, cricket, soccer or other sporting jersey to class and to bring a friend along to see what we do. All friends must be signed in, on arrival, by the parent or carer that brings them.

So come one- come all, in your favourite strip, step up and wear your favourite colours and have a great week of TKD. The best dressed student will receive 2 x 1 hr Personal training session valued at \$80.00p/hr. All participating have a fair and equal chance of winning.

### **Term 2 Winter Holiday TKD clinic - 13/ 14 &15 July 2010**

#### **Terrey Hills Dojo 3 Myoora Rd.**

9.00am-3.00pm every day. Camp enrolment forms can be found at [www.satkd.com.au](http://www.satkd.com.au)

All keen kids with a desire to train in Taekwondo are welcome - from beginners to intermediate and advanced levels. Participants will gain confidence, develop muscle tone, improve sportsmanship and learn a skill they will value for a life time.

All Red belt players are catered for their preparation to Black belt test

We will supply all of the training gear required for your Winter Clinic associated with TKD –

You need to bring a drink bottle, Lunch and unlimited amounts of enthusiasm to discover personal bests and you must be able to show potential to have fun.

What's on the agenda: Our holiday camp is designed for girls and boys 6-15yrs. It is an excellent way for new students to establish a solid foundation in Taekwondo fundamentals and for experienced players to improve their mind and bodies. Stacks of physical conditioning and fun games to foster healthy competition. All our Taekwondo training is conducted in our bright and outstanding facility at Terrey Hills

### **Equipment needed for partner / sparring training.**

At **yellow** belt levels we require that students wear arm and shin/instep guards.

At **Blue** belt levels we require that students wear a chest guard as well as arm and legs protectors

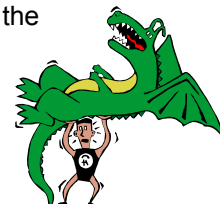
At **competition** levels we require that you have all equipment - Head guard mouth guard etc..which is needed for partner training and sparring... We carry most stock but at times may need 2/3days to order and supply students.

### **Grading's for Little Dragons & Dragon Warriors.**



All students are considered for testing for their next level in TKD, however, only the kids who show development and continuity will grade at this age.

As a rule of thumb it usually takes a student who trains once a week for a term (i.e., 10classes) 2 terms to grade. Those students who train 2 times a week (20 classes) during a term could grade at the end of each term.



### **Coloured Tape system.**









We have a coloured tape system in place where your child will receive yellow tape (stances) blue tape (blocks) red tape (kicks and strikes) and then once all these skills are maintained a black tape is added to their belt which is the go ahead for grading.

# Equipment

## APRIL/MAY SPECIALS FOR MEMBERS ONLY



**TKD Training Bags sale:** Tough and durable TKD gear bag \$49.00  
**Training Kits:** 1x Training bag, 1x shin and arm guards plus 1x chest guard. \$139.00

<p><b>Training uniforms</b></p> 	<p><b>Price:</b>  <b>White V neck \$49</b>  <b>Black V neck \$59</b>                  Club model: Poly cotton uniform with embroidered club badge                  WTF Champion model: Stretch poly cotton with embroidered club badge</p>	<p><b>Club T-Shirts</b></p> 	<p><b>Price: \$30</b>  <b>2 FOR \$50</b>                  100% cotton training t-shirts</p>
<p><b>Head Guards</b></p> 	<p><b>Price \$45</b>                  Solid WTF approved head protectors</p>	<p><b>Chest Guards</b></p> 	<p><b>Price \$85</b>                  Top quality WTF reversible chest guards</p>
<p><b>Shin and Arm Guards</b></p> 	<p><b>Price \$40</b>                  Cotton based elastic slip on protectors for foot/shin and forearms</p>	<p><b>Shin and Arm Guards</b></p> 	<p><b>Price \$70</b>                  WTF T'ment quality protectors with moulded PVC covering</p>
<p><b>Training shoes</b></p> 	<p><b>Prices: \$55</b>                  Top quality leather &amp; synthetic shoes, with velcro sides &amp; moulded soles for comfort &amp; balance</p>	<p><b>Strike Flippers</b></p> 	<p><b>Price: \$39</b>                  Hand held training prop for developing kicking and striking skills</p>

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 PO Box 245  
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Name:	
Address:	P/Code:
Order Date:	
Training Venue:	
Phone Number: Home:	Mobile:

**All items will be delivered to the above training venue.**

Qty	Description of Item	Size	Price \$	Total \$
<b>Total</b>			<b>\$</b>	

**Payment Method:** (Please tick one of the boxes below & provide Order or Card details)

Cheque      Cash     \$.....  
 Visacard      Mastercard

Card No...../...../..... Exp Date .....

Card Name:.....

Signature: .....

Direct Transfer..... Rec # .....  
 Bank. ANZ. Sydney Academy of Taekwondo    BSB 012403    a/c 499465084

Goods received. Signature \_\_\_\_\_ Date: \_\_\_\_\_

ABN 64 699 170 632