

태권도



Sydney Academy of Taekwondo

Newsletter December 2009

info@satkd.com.au
www.satkd.com.au
PO Box 245
Pymble 2073
0417 223 227

TERM 4 19th October –18th December

GRADINGS - Colour belt: St Ives Wed 9 Dec & Forestville Thurs 10 Dec.

Black belt: Saturday 12th December. St Ives.

NSW State Championships Sunday December 13th. Olympic Park State Sports Centre. Homebush

Summer Holiday TKD clinic, Forestville- Tues 19th Wed 20th Thurs 21st January. 9am-3pm each day

Term 1 2010 Thursday 28th January– Thursday 1st April

New Club location 3 Myoora Rd. Terrey Hills. Tuesdays and Wednesdays.

We are very excited to announce that we will be holding classes at the Montessori High School in Terrey Hills from term 1 2010. The venue is a 400m2 traditional Dojang (training hall) specifically built for martial arts which has exquisite flooring/mats.

Classes will be in the same age appropriate format. The weekly schedule is as follows: **Monday** St Ives, **Tuesday** Terrey Hills

Wednesday Terrey Hills, **and Thursday** Forestville, **Friday** Pymble & **Saturday** Terrey Hills. Same times apply for age appropriate classes. **Terrey Hills - Grand Opening 30th January 2010**

Black belt exams

All students preparing for these test are to commit to as many sessions per week as possible especially Saturday mornings.

Holidays TKD clinic January 19-20-21, 2010

Forestville Memorial Hall. 3 Starkey Street Forestville.

9.00am-3.00pm every day.

All keen kids with a desire to train in Taekwondo 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

All you're training gear associated with TKD- if already playing, a drink bottle, Lunch and unlimited amounts of enthusiasm to discover personal bests and must be able to show potential to have fun.

What's on the agenda: Our holiday camp designed for girls and boys 6-15yrs which 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 Forestville.

Club T/shirts

We have new stock of our club T/shirts 100% cotton embroidered with club badge only \$30.00

SAT Annual Awards and Presentation

12 December after the black belt grading- the below 7 positions need to be filled! 1. Senior Player/student of the year, 2. Junior player/student of the year, 3. Encouragement, 4. Competitor of the year, 5. Pattern Champion, 6. Little Dragon, 7. Dragon Warrior.

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...

Grading's for Little Dragons & Dragon Warriors. Coloured Tape system.

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

As a rule of thumb usually it takes a student who trains once a week for a term i.e., 10classes 2 terms to grade and those who dedicate themselves 2 times a week for a term they could grade at the end of each term.

We have a coloured tape system in place where a 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 XMAS SALE

Club T/shirts 100% cotton sizes kids 6-14 and Adults Small, Med & Large

~~\$30.00~~ \$25.00

Training Shoes Leather -All Kids & Adult sizes

~~\$49.00~~ \$40.00

TKD Training Bags sale: Tough and durable TKD gear bag

~~\$30.00~~ \$25.00

Chest Guards/Protectors: Reversible tournament quality

~~\$79.00~~ \$70.00

Shin and Arm guards: Elastic slip-on fabric protectors

~~\$40.00~~ \$35.00

Training Kits: 1x Training bag, 1x shin and arm guards plus 1x chest guard.

~~\$129.00~~ \$120.00

Training uniforms: Club dobok with badge – out they go at

(White V-neck) ~~\$49.00~~ \$40.00

(Black V-neck) ~~\$59.00~~ \$50.00

