

Sydney Academy of Taekwondo

Newsletter May June - 2010

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

Term 2	Monday, 19 th April - Friday, 2 nd July.
Grading's:	<u>Colour</u> Wednesday 23 rd June <u>Black belts</u> Saturday 26 th June
Winter TKD Holiday clinic:	Tues 13th Wed 14th Thurs 15th July
Korean Training Tour:	September 25th - October 3rd 2010.

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", (Taekwondo's Head quarters) plus Jang Chung Taekwondo Academy-Home stay Information night s will be held during May & June All inclusive:- Air Fares, accommodation (3½ star) and Home stay, 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 <http://english.visitkorea.or.kr/enu/index.kto> ; <http://www.lottetravel.com.au/>



Queen's Birthday Long Week end – Monday June 14th

Due to the public holiday NO classes on the Monday 14th June at St Ives
All students are encouraged to make up their class at any other venue that week or at another time that suits.
Please see timetable on our locations page <http://www.satkd.com.au/training.htm>

School Holiday Winter TKD clinic – July 13/ 14 &15

Venue: Terrey Hills - 3 Myoora Rd.

<http://www.satkd.com.au/Winter%20TKD%20Holiday%20TKD%20camp%20clinic.pdf>

9.00am-3.00pm every day.

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 prepared for their test to Black belt.

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.

Training assistants

All interested 15 yrs Red belt and Black belt students are invited to assist with our Little Dragons and Dragon Warrior classes. Service is an important path to Black belt and beyond. Currently Francesca de Luca and Rachel Pulver both Black belts assist with Fridays at Pymble. Their strong enthusiasm and dedication towards the junior classes have certainly proved to shoot them into Black belt. Great way to earn those certificates in 'Duke of Edinburgh' Let us know if you're super keen to have fun and patience with our junior taekwondo players.

New.

Adults Morning Martial Art classes with a twist

Parents/students who want to get in to shape without the regimentation of chasing the belt system.

Come along and burn those calories up with a dynamic work out 9.30-10.30

Wednesdays at Terrey Hills.

Kick move punch and stretch your body into the best shape ever. There is plenty of kicking and punching, plenty of pad work and our classes are really safe so don't worry about getting hit or getting hurt. The classes mix in plenty of strength and conditioning work and they are excellent for fitness and endurance. Register your place in class info@satkd.com.au

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. There are two Disciplines that are tested: **Kyorugi**-Sparring and **Muyae**-Technical; breaking, self defense, patterns. All **examinees** are to have application s/ reassessment forms registered 1 week before exam. 21st June 2010.

Training 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.



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., 10 classes) 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.

Colour belt Grading.

Term 2 Colour belt Grading will be at Terrey Hills Wednesday 23rd June

Little Dragons: 3.45pm for 4-6yrs, all colour grades

Dragon Warrior: 4.15pm 7-9yrs, all colour grades

Junior-Teens: 5.00pm 10-15yrs all grades to Blue 3

Adult's 6.30pm all grades including Junior/Teens 10-15yrs Red belts

Black belt grading

The following students are invited to test for assessment and proficiency

Black belt grades at Terrey Hills Saturday 26th June 8.00am

Bianca Falvo	Forestville	1 st Dan Black belt
Sebastian de Luca	St Ives	1 st Dan Black belt
George Persaud	Forestville	1 st Dan Black belt
David Berghout	Forestville	1 st Dan Black belt/ assessment
Zoe Ayton	Forestville	1 st Dan Black belt assessment
Isabelle Mullane	Forestville	2 nd Dan Black belt/ assessment

Massage Angela Tunks Swedish/Remedial/Sports Massage Therapist

Diploma H.Sc (Massage Therapy)

B.H.Sc (Natural Therapies)

Member AMT Senior Lvl 2

All Health Rebates Available

For Appointment contact 0418 119 877

Email- atherapeutics@bigpond.com

All Health Clinic









37A Rohini St, Turramurra



Forestville Michel's #1 choice of great Coffee, Cake, Pastries 'Pies and more.....

Training Kits:

1x Training bag, 1x shin and arm guards plus 1x chest guard.
\$139.00

<p>Training uniforms</p>	<p>Price: White V neck \$49 Black V neck \$59</p>	<p>Club T-Shirts</p>	<p>Price:\$20 Winter Sale Special</p>
	<p>Club model: Poly cotton uniform with embroidered club badge</p>		<p>100% cotton training t-shirts with Club Emroidery</p>
<p>Head Guards</p>	<p>Price \$45</p>	<p>Chest Guards</p>	<p>Price \$85</p>
	<p>Dipped PU head guard with elastic strap. Conforms to WTF Regulations. Available in Red, Blue or White.</p>		<p>Reversible Red/Blue WTF Approved Chest Guard with EVA padding. With tie up closure.</p>
<p>Shin and Arm Guards</p>	<p>Price \$40</p>	<p>WTF Elite Stretch Black V-Neck</p>	<p>Price \$69</p>
	<p>Cotton based elastic slip on protectors for foot/shin and forearms</p>		<p>SMAI ELITE stretch Black V Dobok. With elastic waist pants. Has SMAI embroidery on the jacket and pants. Packaged in a display box. Fabric has stretch properties.</p>
<p>Training shoes</p>	<p>Prices: \$55</p>	<p>Training Bag</p>	<p>Price: \$49</p>
	<p>Ultra Light weight martial arts shoes with Rubber Non marking sole and Synthetic leather upper. With molded long lasting sole ideal for all martial arts use.</p>		<p>30" Carry bag with high grade lockable zippers and multiple storage compartments,</p>

Please fill in the order form below and send on thru to class or email to info@satkd.com.au

이
권
도



Sydney Academy of Taekwondo

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

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 \$
Total			\$	

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: _____