



AUSTRALIA

SYDNEY ACADEMY OF TAEKWONDO

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Student information for enrolment

Please find enclosed enrolment information for the Sydney Academy of Taekwondo
Little dragons classes, junior classes, pre/& early teen classes plus adult classes.

5-6yrs 3.45pm, 7-9yrs 4.00pm, 10-14yrs 5.00pm & 15yrs-adult 6.30pm at our various venues

SAT is an elite Taekwondo/martial arts academy for ages 4yrs and upward. Our policy is to enroll students we know are capable of co-operating in classes, showing discipline, determination and enthusiasm in achieving goals.

SAT does not guarantee that your child will succeed towards Black belt or compete at a high level but does promise to make the student feel confident aware and motivated during classes. Personal discipline is strongly encouraged with constant activities.

SAT also encourages and rewards student to absorb and persist with the drills and skills taught in class.

All classes have the necessary equipment provided for safe and effective methods in teaching Taekwondo. From yellow belt personal protective equipment such as arm and shin/instep guards and chest guards are required so that light contact with proper techniques can be practiced without injury. Class size is restricted so that high quality personal attention can be given to all participating.

Please read through the following enrollment information carefully. Please complete the registration form after the first initial introductory class or at the very next session as only one free introductory class is permitted per student unless otherwise stated. All students regardless of ability, race, religion, colour or sex will be considered for membership. We require good intentions for the art and for students to show good character and display considerate and positive efforts in learning Taekwondo.

Benefits of Taekwondo

The physical benefits of Taekwondo will be immediately noticeable in children of all ages. The fundamental self-defense moves of Taekwondo, such as kicking, punching, striking and blocking teach students coordination and concentration. As students advance, they will learn the more dynamic techniques of Taekwondo, such as combinations of jumping and spinning kicks.

Taekwondo offers a full mind and body workout for students. The techniques and format of the classes are aerobic and engaging and develop the athleticism in each student. Taekwondo is highly individual and personal to each student. All participate equally in class and each child's goals and achievement is unique and personal to him or herself. SAT monitors each child's progress carefully and set them individual goals for them to achieve.

Our objective is to help all our students reach their potential in Taekwondo, but more importantly, we hope our children will grow up strong and healthy with a solid foundation in physical fitness.

Behavioral Benefits of Taekwondo.

Sydney Academy of Taekwondo is a traditional school of martial arts, and as such, the students are held to a high standard of self discipline and conduct. Students are taught to respect and listen to their instructors on the very first day and are then slowly introduced to the other basic courtesies and ethics of martial arts practice. Through little courtesies like bowing children learn discipline and respect, which carry through into their home and school lives.

SAT also teaches children 5 basic tenets courtesy, integrity, perseverance, self-control and indomitable spirit. By focusing on these virtues, we develop self-esteem, kindness, confidence and spirit in all our students.

1. Tuition/Fees

Tuition is based on the school framework for junior students 5-14yrs. Fees are to be paid before student starts enrolment/term. Missed classes are the responsibility of the student they can be made up only within that term. They are not transferable from term to term.

2. Uniform.

The club uniform is included with the registration which comes with top, pants plus belt, club badge and embroidery. At all times whilst at training the uniform must be worn. Club t-shirts are also available-Optional.

3. Classes

Classes are split up into 4 age appropriate groups: **5-6yrs** “Little Dragons”, **7-9yrs** & **10-14yrs** “Juniors” & **15 yrs & over-** “Adults”.

- ✓Please arrive on time. If early please wait patiently and quietly for your class to start.
- ✓All students and family friends are expected to uphold the dignity of the training venue-Dojang.
- ✓Parents are requested to drop off and pick up their children at the required times. SAT holds no responsibility for children that are waiting around before or after class has started.
- ✓Only parents/guardian to accompany the student for introductory classes.
- ✓Once class has started we ask that all students parents/family respect we don't have an audience-because by the fact that sitting in on class can cause distractions.
- ✓Classes are from 45min-1hr in duration, all students are to bring a drink bottle
- ✓Good behaviour and manners are at all times encouraged.

Student Gradings

Gradings are conducted at the end of each term for all students. Once a student is ready to take the exam you will be notified by way of letter and exam form. Each student must have confidence and understanding of the curriculum before they test. This can vary depending on players ages, ability and performance with the skills for that grade, every child/student is unique in this area. An audience is very welcomed at exam time.

Gradings are held in 2nd last week of term so results are available in the last week before holidays. (See term timetable for dates.)

The following are the 10 grades from **white** being 10th grade thru to **red 2** being 1st grade.

white 10th grade, beginners.

yellow 9th grade, **yellow-** 1 stripe 8th grade, **yellow-** 2 stripes 7th grade,

blue 6th grade, **blue-** 1stripe 5th grade, **blue-** 2 stripes 4th grade,

red 3rd grade, **red-** 1 stripe 2nd grade, **red-** 2 stripes 1st grade.

Cho dan bo -provisional black

Black belt 1st dan - 9th dan

Holiday TKD Camps

SAT's holiday camp designed for students 5-14yrs, and is an excellent way for new students to establish a solid foundation in Taekwondo fundamentals and for experienced students to improve their Taekwondo skills. Age appropriate physical conditioning and games are designed to foster healthy competition. All our Taekwondo training is conducted in our outstanding facility at Forestville. Obtain registration forms at class or on line.

Tournaments

Tournaments are offered to students who show **aptitude dedication** and **enthusiasm**. These are held at Olympic Park Homebush, frequently within the school term and are conducted by Taekwondo Australia (N.S.W.) Information is supplied to dedicated students who are yellow belt or above and commit to at least 3 classes a week.

Mission Statement:

To provide professional & safe-teaching of techniques within an age appropriate structure, catering to each individual's ability. We aim to instill facts, manners and skills in students so they can set goals and achieve personal bests.

Venues

- **Forestville Memorial Hall 3 Starkey St.**
- **St Ives Community Hall Village Green Memorial Ave,**
- **West Pymble Community Hall Bicentennial Park Lofberg Rd .**

(Please advise if these training times don't suit we will do our best to accommodate students where possible.)

<i>Monday St Ives</i>	<i>Tuesday Forestville</i>	<i>Wednesday St Ives</i>	<i>Thursday Forestville</i>	<i>Friday West Pymble</i>	<i>Saturday St Ives</i>
Little Dragons 5 & 6yrs 3.45-4.30pm	Little Dragons 5 & 6yrs 3.45-4.30pm	Little Dragons 5 & 6yrs 3.45-4.30pm	Little Dragons 5 & 6yrs 3.45-4.30pm	Little Dragons 5 & 6yrs 3.45-4.30pm	7.30- 8.30am (By appointment.)
7, 8 & 9yrs 4.00pm-5.00pm	7, 8 & 9yrs 4.00pm-5.00pm	7, 8 & 9yrs 4.00pm-5.00pm	7, 8 & 9yrs 4.00pm-5.00pm	7, 8 & 9yrs 4.00pm-5.00pm	8.30-9.30am Advanced
10 - 14yrs. 5.00-6.00pm	10 - 14yrs. 5.00-6.00pm	10 - 14yrs. 5.00-6.00pm	10 - 14yrs. 5.00-6.00pm	10 - 14yrs. 5.00-6.00pm	Juniors 7-14yrs 9.30-10.30am
Advanced 6.00- 7.00pm	Advanced 6.00- 7.00pm		Advanced 6.00- 7.00pm		
	15yrs- Adults 7.00 - 8.00pm		15yrs- Adults 7.00 - 8.00pm		

JUNIOR 5-6yrs 7-9yrs & 10-14yrs Registration Fees

Club registration, includes 12 months membership, 1st terms tuition & club training uniform.

1 Day a week/per term	\$200.00
2 Days a week/per term	\$250.00

JUNIOR 5-6yrs 7-9yrs & 10-14yrs Term Fees

(Classes start the first Monday in school term)

(Based on 10, 20, 30, or 40 classes in the school term)

1 Day p/wk (10 classes per term)	\$160.00
2 Days/Classes p/wk (20 classes per term)	\$190.00
3/4 Days/Classes p/wk (30/40 classes per term)	\$260.00
2 Days/Classes p/wk (half yearly)	\$350.00
2 Days/Classes p/wk (yearly)	\$590.00
3/4 Days/Classes p/wk (half yearly)	\$450.00
3/4 Days/Classes p/wk (yearly)	\$750.00

ADULT CLASSES 15 yrs & over

Club registration & club training uniform.	\$110.00
10 CLASS CARD (Valid 10 weeks)	\$140.00
20 CLASS CARD (`` `` 14 weeks)	\$200.00
30 CLASS CARD (`` `` 18 weeks)	\$240.00
40 CLASS CARD (`` `` 22 weeks)	\$280.00

Please Note: Training cards are issued for a period of weeks stated above, they are not transferable nor are they refundable.

TRAINING EQUIPMENT

Black belt Uniforms "Athens 2004" model (Jnr & Snr Sizes 2-7 150-200cm)	\$130.00
Club Uniforms (All sizes 0-7, 130cm - 220cm)	\$79.00
Training Bags (Great for all your protective equipment)	\$40.00
Shin instep guards	\$25.00
Arm guards	\$15.00
Strike Shields	\$90.00
Kick Paddles `Double Clapper`	\$35.00
Chest Guards- tournament quality.	\$89.00
Head Guards	\$49.00
Training Shoes	from \$49.00
Club T/shirt sizes -kids 8,10,12, 14, Adult S, M, L, XL, XXL) (whilst in stock)	\$25.00
Club Fleecy Tops. Royal Blue with embroidery (whilst in stock)	\$50.00

GRADING FEES

White (10 th grade) beginning students 1st grading	\$40.00
Yellow, Yellow 1 & Yellow 2 (9,8&7 th grade)	\$45.00
Blue, Blue 1 & Blue 2 (6,5&4 th grade)	\$55.00
Red & Red 1 (3 rd & 2 nd grade)	\$65.00