



Sydney Academy of Taekwondo

Newsletter

November 2007

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TERM 4 DATES

TERM 4 2007: Monday 15th October - Friday 21st December

GRADINGS -Colour belts- St Ives Wed 12th Dec & Forestville Thursday 13th Dec

Black belts St Ives Saturday 8th Dec.

HOLIDAY TKD CAMP- January 7th -11th 2008. Jang Chung TKD Academy Korea.



Holiday Training program with JANG CHUNG TKD ACADEMY KOREA

Our next TKD training clinic- Summer Holidays January 7th-11th @Forestville. Special guests Master Kim Yoo Ho-from Jang Chung TKD Academy Seoul, Korea with 10 of his students. Experience a cultural exchange between Korea and Australian Taekwondo. Jang Chung TKD Academy was our host last April when we toured to Korea.

Any family/player wanting to participate in home stay program with the students visiting Sydney from Jang Chung please contact us. Needing at least 10 families to accommodate a Korean player for the week. Home stay is \$40.00 per day total 6/7 day/nights for each participating family to provide accommodation and meals. All participating home stay players must make the TKD camp for the week. Camp forms attached with newsletter.

Please contact us for further particulars of home stay program with Jang Chung TKD Academy if your available early January 2008 Email: info@satkd.com.au Camp enrolment forms to be in by closing date 21/12/07 . We thank you for your assistance in early booking.

100 Taeguek-Poomse certificate: Student pattern practice at home.

All junior 7-14yrs students are encouraged to participate in this pattern retention and practice system. What is needed is that each student is required to practice their respective pattern at home with a parent watching. Every time your child does a pattern you initial a box. At the beginning 0-20 reps there will be with most students non fluency and faltering of pattern. This is only a memory deficiency and with practice/repetition at class and home this will improve. Hence this exercise. There are 100 boxes. Suggested 5/ 10 reps per night is recommended. Once completed 100 repetitions of current or previous grade pattern hand the pattern sheet back into class. This is open to all players/students 7-14yrs. All students who achieve 3 x 100 sheets are awarded a **Taekwondo training pack** - Training bag & chest guard.

Parental involvement and encouragement of practice at home is appreciated and required for strong positive results.

4th quarter -December Gradings All students should persevere and practice towards taking gradings at the end of each term. Grading test/exams are conducted at the end of each school term. Once a student is ready to take the exam he/she will be notified by way of assessment form and exam paper. Each student must have confidence and understanding of their grade, before they test. This can vary depending on each player's age, ability and performance with the skills for that grade, every child/student/person is unique in this area.

The following students are eligible for testing in December **Black belt** test.

Yasik Krepak 3rd dan Forestville, **Emma Holden** 3rd dan St Ives, **Jacky Yang** 2nd dan Forestville, **Ali Berro** 2nd dan Forestville **Sandy Ghent** 1st dan St Ives, and **Emma Baker** 1st dan Forestville. There are several other possible examinees for black belt not yet confirmed. If you feel that you're a worthy candidate for test then its up to your attendance rate. All students must have their test thoroughly understood before committing to test day Dec 8th. We are looking forward in seeing all enthusiastic students set and achieve all goals.