



AUSTRALIA

# SYDNEY ACADEMY OF TAEKWONDO

PO Box 245  
Pymble NSW 2073  
info@satkd.com.au  
www.satkd.com.au  
0417 223 227  
ABN: 64699170632

## Student information for enrolment

Thanks for coming to do an intro class we welcome you and hope you enjoy your session. Please find enclosed enrolment information for “Little Dragons” 4-6yrs, “Dragon Warriors” 7-9yrs, Pre-Black belt class 10-15yrs & 16yrs-Adults.

**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 age appropriate 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 encourages and rewards the junior 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 and sets them individual goals. 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 mental & physical fitness.

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, mentoring, confidence and spirit in all our students.



## **Tuition/Fees**

Tuition is based on the school term for junior students 4-16yrs. 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.

## **Uniform.**

The club uniform is included with the registration which comes with top, pants belt, club badge and club t-shirt . At all times whilst at training the uniform must be worn.

## **Classes**

Classes are split up into 4 age appropriate groups: **4-6yrs “Little Dragons”, 7-9yrs “Dragon Warriors” & 10-15yrs “Black belt class” & 16 yrs - “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 for this reason.( Little Dragons is exempt.) 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 expected and encouraged.

## **Student Grading**

Grading's 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 times.

Grading's are held in 2nd last week of term so results are available in the last week before holidays.

## **The 10 grades to Black belt**

**White** 10th grade, beginners.

**Yellow 1 stripe** 9th grade, **yellow– 2 stripes** 8th grade, **yellow– 3 stripes** 7th grade,

**Blue 1 stripe** 6th grade, **blue– 2 stripes** 5th grade, **blue– 3 stripes** 4th grade,

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

**Cho dan bo** -provisional black ( Red belt with a wide-black stripe)

**Black belt**

## **Holiday TKD Camps**

SAT's holiday camp designed for students 5-15yrs, and is an excellent way for new students to establish a solid foundation in Taekwondo fundamentals and for experienced students to Prepare for Black belt grades. Age appropriate physical conditioning and games are designed to foster healthy competition. All our Taekwondo training is conducted in our outstanding facility at Terrey Hills. 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-instruction of techniques within an age appropriate structure, catering to each individual's ability.

We aim to instill facts, the etiquette of Taekwondo and skills in students so they can set goals and achieve personal bests.

### **Training Locations**

- **Terrey Hills - 3 Myoora Rd Terrey Hills**
- **Pymble - North Shore Gym 10-12 West St Pymble**
- **Forestville - Memorial Hall 3 Starkey Street. Forestville.**
- **St Ives - Community Hall Village Green Memorial Ave. St Ives**

### **Weekly Training Schedule**

<b>Monday St Ives</b>	<b>Tuesday Forestville</b>	<b>Wednesday Terrey Hills</b>	<b>Thursday Forestville</b>	<b>Friday Pymble</b>	<b>Saturday Terrey Hills</b>
<b>Little Dragons 4-6yrs 3.45-4.30pm</b>	<b>Little Dragons 4-6yrs 3.45-4.30pm</b>	<b>Little Dragons 4-6yrs 3.45-4.30pm</b>	<b>Little Dragons 4-6yrs 3.45-4.30pm</b>	<b>Little Dragons 4-6yrs 3.45-4.30pm</b>	<b>8.00 9.00am Advanced</b>
<b>Dragon Warriors 7, 8 &amp; 9yrs 4.00-5.00pm</b>	<b>Dragon Warriors 7, 8 &amp; 9yrs 4.00-5.00pm</b>	<b>Dragon Warriors 7, 8 &amp; 9yrs 4.00-5.00pm</b>	<b>Dragon Warriors 7, 8 &amp; 9yrs 4.00-5.00pm</b>	<b>Dragon Warriors 7, 8 &amp; 9yrs 4.00-5.00pm</b>	<b>9.00-10.00am Intermediate</b>
<b>10-15yrs 5.00-6.00pm</b>	<b>10-15yrs 5.00-6.00pm</b>	<b>10-15yrs 5.00-6.00pm</b>	<b>10-15yrs 5.00-6.00pm</b>	<b>10-15yrs 5.00-6.00pm</b>	<b>10.00-11.00am COMBINED  Beginners Kids Little Dragons Dragon Warrior</b>
	<b>16yrs- Adults 6.30-7.30pm</b>		<b>16yrs- Adults 6.30-7.30pm</b>		



## **JUNIOR 4-6yrs 7-9yrs & 10-15yrs Registration Fees**

**Club registration, includes** 12 months membership, 1<sup>st</sup> terms tuition & club training uniform.

1 Day a week/per term \$235.00

2 Days a week/per term \$295.00

Classes are age appropriate and we ask that all children be placed in their correct class

**(Classes start the first Monday in school term)**

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

1 Day p/wk (10 classes **per term**) \$175.00

2 Days/Classes p/wk (20 classes **per term**) \$245.00

4 Days/Classes p/wk (40 classes **per term**) \$335.00

2 Days/Classes p/wk (**half yearly**) \$425.00

2 Days/Classes p/wk ( **yearly**) \$760.00

4 Days/Classes p/wk (**half yearly**) \$490.00

4 Days/Classes p/wk (**yearly**) \$850.00

## **ADULT CLASSES 16 yrs & over**

**New students Club registration & club training uniform.** \$120.00

10 CLASS CARD (Valid 10 weeks) \$160.00

20 CLASS CARD (```` 14 weeks) \$250.00

30 CLASS CARD (```` 18 weeks) \$320.00

40 CLASS CARD (```` 22 weeks) \$400.00

**Please Note: Training cards are issued for a period of weeks stated above, they are not transferable or refundable. And must be strictly adhered to.**

## **TRAINING EQUIPMENT**

Club Uniforms (All sizes 0-7, 130cm - 220cm ) \$69.00

Tournament Quality arm and shin guards \$55.00

Strike Shields \$90.00

Kick Paddles `Double Clapper` \$30.00

Chest Guards- tournament quality. \$79.00

Head Guards \$40.00

Club T/shirt sizes -kids 6, 8,10,12, 14, Adult S, M, L, XL, XXL) (whilst in stock) \$30.00

Club Fleecy Tops. Royal Blue with embroidery (whilst in stock) \$70.00

## **GRADING FEES**

Belts.

White (10<sup>th</sup> grade) beginning students 1st grading \$50.00

Yellow, Yellow 1 & Yellow 2 (9,8&7<sup>th</sup> grade) \$50.00

Blue 1, Blue 2 & Blue 3 (6,5&4<sup>th</sup> grade) \$60.00

Red 1 & Red 2 & Red 3 (3<sup>rd</sup> 2<sup>nd</sup> & 1<sup>st</sup> grade) grade) \$70.00

Sydney Academy of Taekwondo ABN: 64699170632