



Sydney Academy of Taekwondo

Summer Training Camp

19th 20th & 21st January 2010



Enquiries
info@satkd.com.au
www.satkd.com.au
 0417 223 227

Where: Forestville Memorial Hall. 3 Starkey Street Forestville.

Time: 9.00am-3.00pm every day.

Who: 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

What to Bring: 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.

Places do fill quickly so be early to secure position Maximum of 30 only. 😊

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.

Michele's Patisserie Forestville is our #1 Sponsor.

Cost: \$170.00 3 days Or \$65.00 day rate -- early bird rate before 07/01/10 save 5 % discount

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Sydney Academy of Taekwondo Holiday Training Camp.
Tues 19th Wed 20th Thurs 21st January 2010

Family Name..... First Name.....

Address Post Code.....

Email.....

Please circle one of the following: **Beginner or Coloured belt or Black belt**

Telephone/s: _____ / _____

Is the player taking any medication, has a condition that could affect his/her performance or is allergic to any foods, that we should be aware of: (Please circle) No / Yes (Please give details below)

Day's attending- (Please circle)

All Days or Tue, Wed, Thurs.

Player/student name.....

Parent name & signature.....

All forms and remittance send into class or post before Friday 7th January 2010. PO Box 245 Pymble NSW 2073

Please tick ✓ Direct Transfer † Cheque † Cash †

Post: Sydney Academy of Taekwondo PO Box 245 Pymble 2073 Date / / Paid \$ _____

Or

Direct Transfer: Sydney Academy Taekwondo. ANZ. Bsb: 012 403 a/c: 4994 65084 Rec. # _____

