



# Sydney Academy of Taekwondo

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

**Term 3**

**Monday 19<sup>th</sup> July to  
Friday 24<sup>th</sup> September**

**Grading's**

**Colour**

Wednesday 22<sup>nd</sup> September Terrey Hills

**Black belts**

Friday 17<sup>th</sup> & Saturday 18<sup>th</sup> September

**Spring TKD Holiday clinic:**

**Tues 5<sup>th</sup> Wed 6<sup>th</sup> Thurs 7<sup>th</sup> October**

# New!



## Adults Mid-Week Morning Martial Art classes with a twist .....

"Over 40?...You CAN Have A Body Like A 25 Year Old"

**TURN UP, JUMP IN GUARD UP AND HANG ON!!**

Parents/students who want to get in to shape without the regimentation of 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 with slow and steady Yoga poses for core stability. Register your place in class 20 spots available: [info@satkd.com.au](mailto:info@satkd.com.au) or phone 0417 223 227



### 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.

This is a great way to earn those certificates for 'Duke of Edinburgh'. Let us know if you're super keen to have fun and patience with our junior taekwondo players. [info@satkd.com.au](mailto:info@satkd.com.au) 0417 223 227

Forestville Michel's **#1 choice** for great Coffee, Cakes, Pastries- 'Pies and more.....

**Fay and Emad Berro:** Shop 13 'The Centre' Darley street, Forestville. 9453 4111





**Spring Holidays TKD clinic**  
**Camp Kick**

October 5 6 & 7<sup>th</sup> (2nd week of Holidays)

Venue: Terrey Hills - 3 Myoora Rd.

9.00am - 3.00pm every day.

All keen kids 5yrs-15yrs 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.



**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](mailto:atherapeutics@bigpond.com)  
 All Health Clinic  
 37A Rohini St Turramurra.



Please mark all protective equipment and belongings on kids gear with their name and number....so we can prevent .....

**LOST  
PROPERTY**

**Colour belt Grading.**

Term 3 Colour belt Grading will be at Terrey Hills  
 Wednesday 15<sup>th</sup> September.

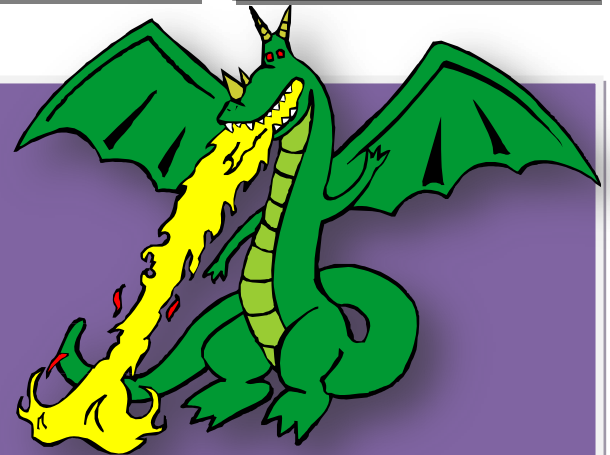
**Little Dragons:** 3.45pm for 4-6yrs, all colour grades

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

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

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

Grading forms / fees need to be handed/sent in before exam day! Please send to class or email –thanks.



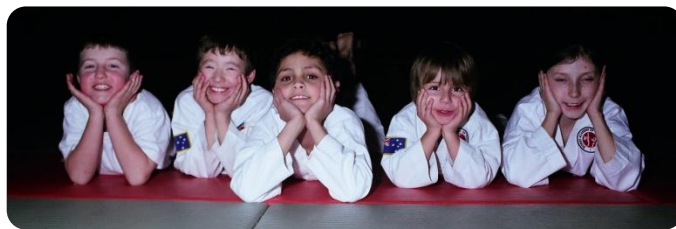
**Little Dragons 4-6yrs & Dragon Warriors 7-9yrs**

Coloured tape system - We have a coloured tape system in place where students receive yellow tape for stances & blue tape for blocks & red tape for kicks and strikes then once all these skills are maintained a black tape is added to their belt which is the go ahead for grading. Little steps for little people.....

TKD June Grading's.....

# Outstanding efforts ....and

congratulations to all students who passed their grading:



Yellow Belts	Blue Belts	Red Belts
Ayushmaan Vij Yellow 2	Aiden Rajaratnum Blue 3	Jordan Manuel Red 1
Dae Jin Stanton Yellow 3	Brendan Jones Blue 2	Russell Tan Red 1
Doron Lewin Yellow 2	Byron Ayton Blue 3	Morgan Westley Red 2
Jessica Stuart Yellow 1	Christopher Roche Blue 1	Amin Habibi Red 2
Joe Pulver Yellow 3	Keiya Kojima Blue 3	
Michael Gurevich Yellow 3	Kristen Rajaratnum Blue 3	<b>Black Belt</b>
Nicholas Stuart Yellow 3	Nick Aerenga Blue 1	Bianca Falvo 1 <sup>st</sup> Dan
Ethan Moody yellow 2	Patricia Wang Blue 1	George Persaud 1 <sup>st</sup> Dan
Bala Rajaratnum Yellow 3	Piper Gray Blue 2	Sébastien de Luca 1 <sup>st</sup> Dan
Ailiya Greaves Yellow 3	Reuben Tunks Blue 1	Issy Mullane 2 <sup>nd</sup> Dan
Alexander Stuart Yellow 3	Ryan Tan Blue 3	David Berghout 1 <sup>st</sup> Dan
Ronan James Yellow 2	Toby Mok Blue 1	Zoe Ayton 1 <sup>st</sup> Dan
Alex Moody Yellow 2	William Zhan Blue 1	Andrew Coningham 1 <sup>st</sup> Dan
Clive Brender Yellow 1	Yuya Kojima Blue 3	
Jesse Tye Yellow 3		
Amedeou Hardyanto Yellow 2		
Rommi Cleaves Yellow 1		
Alex Zammit Yellow 1		
Harry Baral Yellow 3		
Charlie Anthony Yellow 1		
James Hunt Yellow 1		

## Black belt grading

The following students are invited to test for assessment and proficiency Black belt grades at Terrey Hills -Friday 17<sup>th</sup> September at 6.30pm & Saturday 18<sup>th</sup> September at 8.30am

David Berghout	Forestville	1 <sup>st</sup> Dan
Zoe Ayton	Forestville	1 <sup>st</sup> Dan Black belt
Andrew Coningham	St Ives	1 <sup>st</sup> Dan Black belt
Isabelle Mullane	Forestville	2 <sup>nd</sup> Dan Black belt
Tom Layton	St Ives	3 <sup>rd</sup> Dan Black belt

## 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 and/or reassessment forms registered 1 week before exam.

## 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

**Please** read and allow these following steps to give you a strong idea of what it takes to learn a new skill whether it be martial art related or otherwise.....this is a extremely useful tool for parents children and all students. Enjoy.

### **Five Steps to Accelerate the Learning Process**

1. Watch the technique being demonstrated and examine it closely. Now close your eyes and see the entire technique being executed in your mind's eye, just as it was demonstrated. If any portion is unclear go back and watch it being demonstrated until you can perfect the movement in your mind's eye.
2. This time imagine , or see, in your mind's eye, yourself performing the technique. See yourself performing the technique in slow motion first. Then speed up the imagery a little faster, until you can see yourself performing the technique perfectly at full speed.
3. The next step is to see yourself performing the technique through your own eyes. Instead of seeing the technique from the outside, imagine it with you as the fighter. Imagine what you would see from your own eyes. Consider what you would hear, and what you would feel through your hands, knees, and elbows.
4. The next step is to physically practice the technique with a partner. As you do this, make small adjustments in the areas where your imagery may have not been completely accurate. Refine steps 2 and 3 now that you have the physical experience of performing the fighting technique.
5. The last step is a continuous one. Once you've got a clear and precise image of the technique, and you're physically trained to execute the technique, then you should begin to imagine different fighting scenarios. As you're walking, sitting, standing, or whatever, imagine ( you don't have to close your eyes) being attacked from various directions and see your response. Evaluate your response.

This five step process may seem strange at first. However this is the same mental process that highly skilled athletes use in the pursuit of mastering their particular skills. This process has been proven to accelerate the learning curve of any physical skill.



**HEY..** Want to train for the NSW **State** Champs Sydney Olympic Park in December or **Nationals** ( Aust Institute of Sport- Canberra) in October  
Or BOTH.....!

Get along to training up to 4 times ( more the better) a week and get a positive spirit of training together with a great action plan for preparations for competition Sparring and Patterns . We start NOW.....









Register your interest : david @satkd.com.au

## Winter Specials huge savings \$\$\$

**TKD Training Bags sale:** Tough and durable 30" TKD gear bag \$45.00

**T- Shirts** Whilst stock last Sale \$20

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

<p><b>Training uniforms</b></p> 	<p><b>Price:</b> White V neck \$49 Black V neck \$59</p> <p>Club model: Poly cotton uniform pants and top with embroidered club badge</p>	<p><b>Club T-Shirts</b></p> 	<p><b>Price:\$20 Winter Sale Special</b></p> <p>100% cotton training t-shirts with Club Emroidery</p>
<p><b>Head Guards</b></p> 	<p><b>Price \$45</b></p> <p>Dipped PU head guard with elastic strap. Conforms to WTF Regulations. Available in Red, Blue or White.</p>	<p><b>Chest Guards</b></p> 	<p><b>Price \$85</b></p> <p>Reversible Red/Blue WTF Approved Chest Guard with EVA padding. With tie up closure.</p>
<p><b>Shin and Arm Guards</b></p> 	<p><b>Price \$40</b></p> <p>Cotton based elastic slip on protectors for foot/shin and forearms</p>	<p><b>WTF Elite Stretch Black V-Neck</b></p> 	<p><b>Price \$69</b></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><b>Training shoes</b></p> 	<p><b>Price: \$45</b></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><b>Training Bag</b></p> 	<p><b>Price: \$49</b></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](mailto:info@satkd.com.au)

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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 \$
<b>Total</b>			<b>\$</b>	

<b>Payment Method:</b> (Please tick one of the boxes below & provide Order or Card details)	
<input type="checkbox"/> Cheque	<input type="checkbox"/> Cash \$.....
<input type="checkbox"/> Visacard	<input type="checkbox"/> Mastercard
Card No...../...../..... Exp Date .....	
Card Name:.....	
Signature: .....	
<input type="checkbox"/> Direct Transfer..... Rec # .....	
Bank. ANZ. Sydney Academy of Taekwondo BSB 012403 a/c 499465084	

Goods received. Signature \_\_\_\_\_ Date: \_\_\_\_\_ ABN 64 699 170 632