

태권도



Sydney Academy of Taekwondo Newsletter September - 2010

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

Term 3

**Monday 19th July to
Friday 24th September**

Student Grading's

Colour

Wednesday 22nd September at Terrey Hills

Black belts

**Friday 17th & Saturday 18th September at
Terrey Hills**

[Spring TKD Holiday clinic:](#)

Tues 5th Wed 6th Thurs 7th October

New!



Adults Mid-Week Morning Martial Art classes with a twist

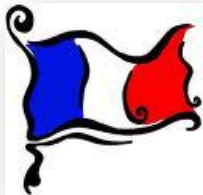
"Want to shed a few kilo's and tone up in no time at all"

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

All Parents 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 or phone 0417 223 227



French Coaching « pouvez-vous parler français »

"Want your child to learn the real French language"

With outstanding French Coach- Christelle Duchene.

All levels and standards accepted - specialising in HSC curriculum. Private and group coaching available. Contact Christelle on 0432 892 204.

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
October 5 6 & 7th (2nd week of Holidays)
Camp Kick
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 & Black belt players are prepared for their test to Black belt and beyond. 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.



Sales, Rentals & appraisals

Richard Royle
Principal



Raine & Horne Forestville - Frenchs Fores
Telephone: (02) 9451 2611
Mobile: 0418 961 575
Fax: (02)9452 2994
Address: 11 The Centre Forestville NSW 2087

“Want your child to Succeed with HSC math’s...then John Smith is your man. Great Results guaranteed...”

Smith Mathematics Coaching
Ph: 94988883
Fax94984118
smithmaths@idx.com.au

Colour belt Grading.

Term 3 Colour belt Grading will be at **Terrey Hills** Wednesday 15th September.

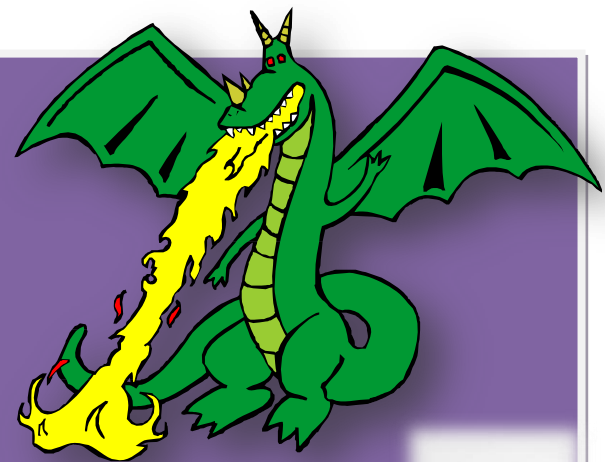
Little Dragons: 3.45pm for 4-6yrs, all colour grades

Dragon Warriors: 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.

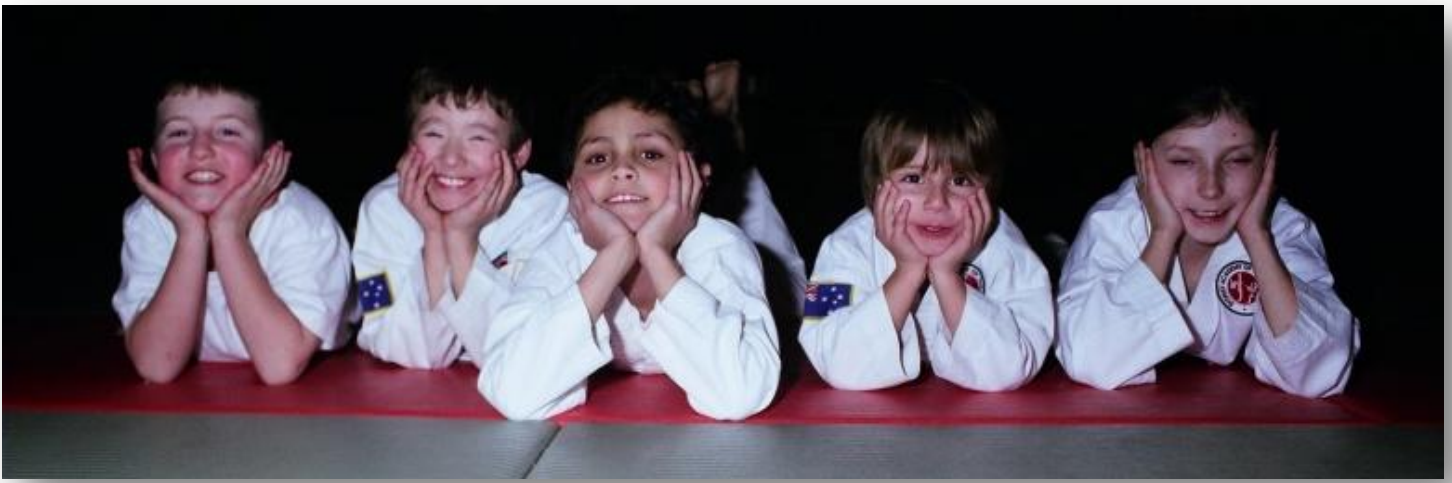
Grading forms / fees need to be handed/sent in before exam day! Please send to class or email –thanks.



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.....





We love TKD at Terrey Hills Dojo See you on the mat! Guy, Jesse, Amin, Nathan & Amelia.

Black belt grading

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

David Berghout	Forestville	1 st Dan
Zoe Ayton	Forestville	1 st Dan Black belt
Andrew Coningham	St Ives	1 st Dan Black belt
Isabelle Mullane	Forestville	2 nd 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 fill in order form below and email/return.

- * **Commitment is being there when you say you are going to be there.**
- * **Commitment is consistent support to others, showing by example and leading the way.**
- * **Commitment is deep inner strength and conviction.**
- * **Commitment is seeing the job through until the task in hand is finished.**
- * **Commitment is keeping your eye on the goalposts and not getting distracted along the way.**
- * **Commitment is not giving up. Ever.**

A FATHER'S STORY ON BULLYING.

This short story is about boys being boys I guess, but as a result of boys being boys, there quickly came a time when the behaviour of one of my sons so called “friends” became really annoying and physically quite painful. I guess you’d have to call it bullying. For whatever reason his friend had been in the habit of walking up behind my son and grabbing him on each bicep, to the point where he was actually in physical pain with bruise marks to prove it. My son had tried lines like “stop it, you’re really annoying me” and “stop it, you’re hurting me”, but his friend simply kept on doing the same thing.

At this point it’s probably worth pointing out that he’s noticeably taller than my son, and I’m assured that he’s significantly stronger than him too.

I knew I had to do something to help my son eradicate this behaviour. His requests for the behaviour to stop simply weren’t working. My son and I needed plan B.

I don’t know the name of this move mate so forgive me, but I started by showing him the move where you clamp your arms tightly into your side, then squat downwards, do a reverse head butt, and then stomp on the attackers toes, but I wasn’t sure that he would be able to clamp the other kids arms tightly enough to perform the move.

The move he ended up using was the one where you twist your body at an angle of about 30 – 45 degrees, enabling you to position one leg outstretched behind your opponent and then do the double knife hand downwards at about 45 degrees across their abdomen, causing them to fall backwards across your thigh. My son must have executed this beautifully, because his attacker fell backwards and in the process of trying to stop himself from hitting the ground he grazed his arm on a concrete pillar and then, before he knew what had happened to him he was flat on his back looking up at my son, muttering the words “I suppose I deserved that”...

There are several points to all of this. Firstly – the SATKD system works. It’s as simple as that. The whole situation that had been dragging on and on, yet it was diffused quite literally “in the blink of an eye”. The second point is that my son has proven to himself that he can put his skills to excellent use – he tried to talk his way out of the situation, but when he needed to use force, he was ready. The third point is that it happened in the school yard and other kids now know my son can look after himself and he cannot simply be pushed around. All good outcomes if you ask me. I hope this short story will remind others just how powerful the SATKD system really is.

Andy.

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 an extremely useful tool for parent's 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.

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

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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 \$
Total			\$	

Payment Method: (Please tick one of the boxes below & provide Order or Card details)	
<input type="checkbox"/> Cheque	<input type="checkbox"/> Cash \$.....
<input type="checkbox"/> Visa card	<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