

Term 3: Monday 18th July – Friday 23rd September

Gradings Colour belts

Wed 29th September-Terrey Hills & Thur 30th September-Forestville

Black belt assessments

Saturdays 3rd & 10th September-Terrey Hills

Gradings Black belts

Friday 16th & Saturday 17th September at Terrey Hills

Spring Holiday “Camp- Kick”

September 26 27 &28 @Terrey Hills

Little Dragons Class for preschool kids

4 & 5yrs 10.00am -10.45am Tuesdays Max 15 toddlers

12 New provisional Black belts

1st 2nd & 3rd dan and 1 promoted to 2nd dan.

OUTSTANDING EFFORTS / ACHIEVEMENT-

Angus Nelson's commitment to 4hrs of a thorough sweep of the Taekwondo skills n drills was a statement of massive personal improvements of technique and Focused Goal setting seen.

Story: A friend of mine for many years pops in to St Ives training some weeks ago.....a 7th dan (Shorinjiryu Kenkokan) Karate Shihan - Scott Brown sits down watches class for 15mins and notices Angus ripping into drills n skills makes comment regarding seeing Angus test in December to now “Gutsy & focused” were words spoken here. Then reminisces about a fighter he once trained with and competed with/at National and World Events.....saying that Angus has a very similar technique & focused look. Big words are very rarely spoken by a giant in martial artsPatterns would have to be your best attribute right now Angus...Where did that come from..? Repetition cures all fears and you're a true testament to -A Huge benchmark in believing in yourself.

Black belts starting a journey....and continuing one..!

Provisional-1st dan- **Stephanie Elliott Darcey Jay Large, Russell Tan,**

Provisional-2nd dan- **Sam Ayton George Persaud**

2nd Dan/poom black belt - **Angus Nelson**

Provisional-3rd dan- Sandy Ghent, Jacob Der Bedrossian, Tom Layton, Deven Rahman, John Layton, Tom Nowland, Justin Jong

Best efforts and enthusiastic consistency at class will see you pass.

Outstanding Little Dragons and Dragon warriors- students of Term 2 are:

Little Dragons: **Rommi Cleaves** Forestville, **Tim Wong** Terrey Hills, **Ryan Tan** Pymble & **Amedeou Hardyanto** St Ives

Dragon Warriors: **Byron Ayton** Forestville, **Matisse MacMillan** Terrey Hills, **Amy Pillinger** Pymble & **Aiden Rajaratnum** St Ives.

Congratulations on a consistent and enthusiastic term – Well Done.

Please feel free to catch up on missed classes thru out term only.

Please note: Saturdays @ Terrey Hills. Advanced 8-9am, Intermediate 9-10am & Beginners 10-11am

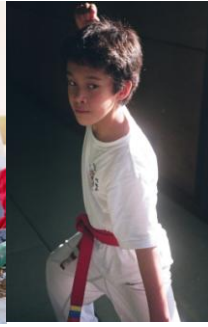
Congratulations to all students who participated and graded for **Colour** levels at the end of term. Train consistently for more improvement and satisfaction- Great work.

Next **Black belt** gradings are shaping up to be a cracker with a record number of students being promoted to further Black belt levels/Dan.

All students are requested to be at Saturday trainings between 8-11am (at least 2hrs) on at Terrey Hills. On the 27th August, 3rd and 10th Septemberno show no test. Step up commit to the preparations and be what you want to be.



Photos of Camp-Kick @ Terrey Hills.



Spring Camp Kick.

Get the kids kicking back into school with our 3 Day sport motivator?

Turn up, jump in, guard up and hang on....

Venue: Terrey Hills - 3 Myoora Rd.

Sept 3, 4 & 5

2nd week of school holidays
Mon Tue & Wed

9.00am-3.00pm every day

Bonsai activities 3hrs

Taekwondo Clsss 15hrs

**KICK PUNCH THROW,
JUMP SPIN, ROLL
FUN SELF-DEFENSE
PROGRAM...**



Times: Drop off-9.00am – Pick up 3.00pm every day..

Who: 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 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 5-15yrs. 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. Plenty of physical conditioning fun games to foster healthy competition with heaps of TKD skills.



All our Taekwondo training is conducted in our bright and outstanding studio-Dojang at Terrey Hills. With change rooms toilets and shower facilities.

“Important Notice”... Missed/Make-up classes

Please note that students who are enrolled in a particular class on a particular day we encourage to keep to that day of training. Only students who miss a class are free to make up a session at another venue.

Parents/carers' who need/want to make it to another venue /class will need to contact us to verify that. Email is preferable or Text message: david@satkd.com.au 0417 223 227

Your assistance is very much appreciated-Thank you.

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

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



SYDNEY ACADEMY OF TAEKWONDO WEEKLY CLASS SCHEDULE 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ST. IVES	FORESTVILLE	TERREY HILLS	FORESTVILLE	PYMBLE	TERREY HILLS
Little Dragons 4-6yrs 3.45PM – 4.30PM	Little Dragons 4-6yrs 3.45PM – 4.30PM	Little Dragons 4-6yrs 3.45PM – 4.30PM	Little Dragons 4-6yrs 3.45PM – 4.30PM	Little Dragons 4-6yrs 3.45PM – 4.30PM	ADVANCED 8.00 -9.00AM
Dragon Warriors 7-9yrs 4.00pm – 5.00pm	Dragon Warriors 7-9yrs 4.00pm – 5.00pm	Dragon Warriors 7-9yrs 4.00pm – 5.00pm	Dragon Warriors 7-9yrs 4.00pm – 5.00pm	Dragon Warriors 7-9yrs 4.00pm – 5.00pm	Intermediate COMBINED 7-15YRS & Adults 9.00-10.00AM
Junior/Teens' 10- 15yrs 5.00pm- 6.00pm	Junior/Teens' 10- 15yrs 5.00pm- 6.00pm	Junior/Teens' 10- 15yrs 5.00pm- 6.00pm	Junior/Teens' 10- 15yrs 5.00pm- 6.00pm	Junior/Teens' 10- 15yrs 5.00pm- 6.00pm	Beginners Kids Little Dragons and Dragon Warriors 10.00-11.00am
	Adults & 16yrs> 6.30pm – 7.30pm		Adults & 16yrs> 6.30pm – 7.30pm		



FORESTVILLE: 3 STARKEY ST. FORESTVILLE MEMORIAL HALL

PYMBLE: 10-12 WEST ST. NORTH SHORE GYM

ST. IVES: MEMORIAL AVE. ST. IVES COMMUNITY HALL

TERREY HILLS: 3 MYOORA RD. MONTESSORI HIGH SCHOOL.

(Class times and venues at times are subject to change)

www.satkd.com.au

info@satkd.com.au

0417 223 227

Student Grading's

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 **procedures list** 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. Confidence and enthusiasm is promoted with our Little Dragons and Dragon Warriors. A **modified** syllabus is tested with the **4-9yrs**. As always an audience is very welcomed at exam times. We ask that all are seated and toddlers are at arm's length with parent. Grading **forms** are to be **handed** in the **last class before Grading** or Emailed to info@satkd.com.au. No late forms will be accepted on Grading days. If a student fails to appear for the grading then a full refund will be given. Colour belt Grading's are usually held in 2nd last week or last week of term. Gradings are conducted only on these days.

The 10 coloured belt levels.

White 10th grade-we start here. (10-15 classes)

(Min 15 classes) **Yellow - 1stripe** 9th grade, **Yellow– 2 stripes** 8th grade, **Yellow– 3 stripes** 7th grade,

(Min 15 classes) **Blue -1 stripe** 6th grade, **Blue– 2 stripes** 5th grade, **Blue– 3 stripes** 4th grade,

(Min 25 classes) **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** at ends of belt this transition period is all about training each week covering all areas of TKD. 1. Muyeae, technical disciplines: breaking, patterns, self-defense applications. 2. Kyorugi, sparring. Here we require that all dedicate and pursue for a minimum of 40 classes this can be done in a term of 10 weeks or over several terms. Black belt Gradings are 2 x 2.5hrs the last Friday and Saturday in each term.

Black belt 1st dan. a minimum of 1 year from date of last grading.

Black belt 2nd dan. a minimum of 2 years from date of last grading.

Black belt 3rd dan. a minimum of 3years from date of last grading .

Black belt 4th dan. a minimum of 4 years from the date of last grading

Black belt 5th dan. a minimum of 5 yrs from last grade and so on to 9th dan



Terrey Hills Bonsai Nursery

OPEN All Days 9 am - 5 pm

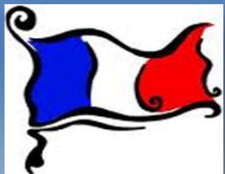
Visit us at: 18 Myoora Road Terrey Hills. NSW 2084.
Megumi and Brian Bennett

Directly opposite our Terrey Hills Studio

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E= mc2
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For Appointment contact
0418 119 877

Email- atherapeutics@bigpond.com

Training Equipment

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 **Red and competition** levels we require that you have all equipment - Head guard mouth guard etc..for 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 to class.

Bargain kits for \$139..... See order form below
Head guards \$40....

TKD Equipment

T- Shirts	New stock	\$30.00
Training Kits: Value	1x Training bag, 1x shin and arm guards plus 1x chest guard.	\$140.00
TKD Training Bags sale:	Tough and durable 30" TKD gear bag	\$45.00

Training uniforms



White V neck
\$59 Black V
neck \$65

Club model:
Poly cotton
uniform pants
and top with
embroidered
club badge

Club T-Shirts whilst stock lasts....

Price \$30.00



100% cotton
training
t-shirts with
Club
Embroidery

Head Guards



Price \$40

Dipped PU
head guard with
elastic strap.
Conforms to
WTF
Regulations.
Available in
Red, Blue or
White

Chest Guards Sale Price (overstocked)

Price \$70



Reversible
Red/Blue WTF
Approved
Chest Guard
with EVA
padding. With
tie up closure.

Shin and Arm Guards



Price \$55

WTF PU
Olympic
Moulded Arm &
Shin Guards.
Top quality
moulded foam
covered in
durable
synthetic
material. Ideal
for competition
use.

"Flex Elite" Stretch Black V-Neck

Price \$80



"FLEX FX"-
TKD Black V-
NECK – Great
Black belt
uniform-
Ribbed Stretch
- with elastic
waist pants

Training shoes



Price: \$59

SMAI Martial
arts shoe. Top
quality leather
upper with
lace up
feature. Light
grey one
piece rubber
sole.

Training Bag

Price: \$45



30" Carry bag
with high
grade lockable
zippers and
multiple
storage
compartments,

Please fill in the order form below and send on thru to class or email to info@satkd.com.au

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Sydney Academy of Taekwondo

PO Box 245
Pymble NSW 2073
info@satkd.com.au
www.satkd.com.au
Ph. 0417 223 227
ABN 64 699 170 632

Name:	
Address:	P/Code:
Order Date: / /20	
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