

### Term 4

Monday 11<sup>th</sup> October to Friday 17<sup>th</sup> December

Gradings Colour

8th December Terrey Hills & 9th December - Forestville

Black belts

Friday 10<sup>th</sup> & Saturday 11<sup>th</sup> December - Terrey Hills

Summer TKD Camp Kick

January 25th 27th & 28th January

Term 1 - 2011

Monday 31st January Friday 8th April

## Summer Holidays TKD clinic

Get the kids kicking back into school with our sport motivator..... **Camp Kick**

January 24th 25th & 27th (Last 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 & 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.



### **Important Notice... Missed/Make-up classes**

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

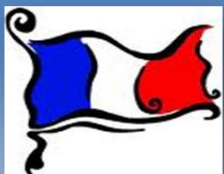
Parents/carers' who need/want to make it to another venue /class will need to contact us to verify that. Email is preferable or Text message.

Your assistance is very much appreciated-Thank you.

“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.



✓ *French Coaching*

« Pouvez-vous parler français »

## 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..This 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. Great xmas bargains.....

**Grading details:** All students that have the required skills for their belt level will be grading. We hand out grading forms in class to those students who are grading so if your child is taking the exam please make sure we get the form back before the day of grading. This gives us the best chance to finish on time with all belt and age groups. Many thanks for your assistance with this.

### **End of Year 2010 Grading and Presentations Grading dates and venues**

#### **Wednesday 8th December @ Terrey Hills**

##### **Little Dragons and Dragon Warriors**

- 4-9yrs white & yellow belts 3.45-4.30pm
- **Little Dragons and Dragon Warriors**
- 4-9yrs blue & red belts 4.15-5.00pm
- 10-15yrs white & yellow belts 5.00pm – 5.40pm
- 10-15yrs blue & red belts 5.15pm -6.30pm

#### **Thursday 9th December @ Forestville**

##### **Little Dragons and Dragon Warriors**

- 4-9yrs white & yellow belts 3.45-4.30pm
- **Little Dragons and Dragon Warriors**
- 4-9yrs blue & red belts 4.15-5.00pm
- 10-15yrs white & yellow belts 5.00pm – 5.40pm
- 10-15yrs blue & red belts 5.15pm -6.30pm
- 16yrs / Adults colour belts 6.30-7.30pm

##### **Presentations 2010**

Yearly Presentations & awards will follow immediately after each Grading.

Students receiving Awards for Outstanding Efforts 2010

Byron Ayton

Piper Gray

Amin Habibi

### **Black belt Grading. Terrey Hills**

**Friday 10th December 6.30pm-8.30pm  
Technique/Muyae**

**Saturday 11th December 8.30am-10.30am  
Sparring/Kyorugi**

### **Presentations 2010**

**Presentations awards will follow immediately  
after Black belt Grading on Saturday 11th  
December**

### **Black belt of the Year 2010 Matthew Brand**

**Outstanding commitment and efforts for 2010**

**Sam Ayton**

**Zoe Ayton**

**Francesca de Luca**

**Thomas Nowland**

**Rachel Pulver**

**Antonin Williams**

**Encouragement Award for 2010  
Tom Layton**

**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**





Some shots of our Spring TKD clinic at Terrey Hills these holiday programs are an excellent way to give your kids the acceleration and confidence in Taekwondo at our Terrey Hills Studio.

**Raine & Horne**



The Forest's #1 Sales Agent  
Sales, Rentals & appraisals

**Richard Royle**

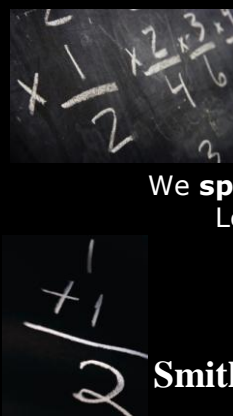
Principal

Raine & Horne Forestville - Frenchs Forest

Telephone: (02) 9451 2611

Mobile: 0418 961 575

Fax: (02)9452 2994 Address: 11 The Centre Forestville.



**$E=mc^2$**

Problems in Math's?  
Problems with Exams?

We specialise in HSC preparation.  
Let us give your child the start  
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**Year 10, 11 and 12.**

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Megumi and Brian Bennett

Directly opposite our Terrey Hills Dojo

**Angela Tunks  
Swedish/Remedial/Sports  
Massage Therapist**

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B.H.Sc (Natural Therapies)  
Member AMT Senior Level 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. Turrumurra.




**Wishing all at SATKD a very Merry Xmas and outstanding holidays. We hope that your year with us was enjoyable and look forward in seeing you back on the mat in 2011. Congratulations to all those who reached their goal of Black belt this year and for those who are gearing up to take those exams next year. Have a great New Year all the best.**

**SYDNEY ACADEMY OF TAEKWONDO WEEKLY CLASS SCHEDULE 2010**

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 8.30 -9.30AM
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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	COMBINED 7-15YRS 9.30-10.30AM
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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	
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Adults



Adults

6.00pm – 7.00pm

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 are subject to change)



**XMAS DEALS.....**

**Equipment Bundles**

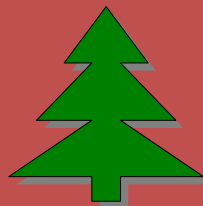
1x Training bag 30"	value \$45
1x Chest protector	value \$85
1x Arm and Leg guards	value \$40
1x Head guard	value \$40

**Total: \$210.00**

**Only \$179.00**









**Training Uniforms**

White Club Uniform	\$59 .00 Xmas special \$45.00
Black (V-neck) club uniform	\$69.00 Xmas special \$55.00



## TKD Equipment

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

<b>Training uniforms</b>	<b>Price:</b> White V neck \$45 Black V neck \$55	<b>Club T-Shirts whilst stock lasts....</b>	<b>Price:\$20 Spring Sale Special</b>
	Club model: Poly cotton uniform pants and top with embroidered club badge		100% cotton training t-shirts with Club Embroidery
<b>Head Guards</b>	<b>Price \$45</b>	<b>Chest Guards</b>	<b>Price \$85</b>
	Dipped PU head guard with elastic strap. Conforms to WTF Regulations. Available in Red, Blue or White.		Reversible Red/Blue WTF Approved Chest Guard with EVA padding. With tie up closure.
<b>Shin and Arm Guards</b>	<b>Price \$40</b>	<b>WTF Elite Stretch Black V-Neck</b>	<b>Price \$80</b>
	Cotton based elastic slip on protectors for foot/shin and forearms		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.
<b>Training shoes</b>	<b>Price: \$59</b>	<b>Training Bag</b>	<b>Price: \$45</b>
	SMAI Martial arts shoe. Top quality leather upper with lace up feature. Light grey one piece rubber sole.		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](mailto:info@satkd.com.au)

태권도



# Sydney Academy of Taekwondo

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

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"/> 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