



Taekwondo: For Body, Mind & Spirit

It's great to welcome you into the world of martial arts and your journey to black belt.

The martial arts syllabus at our black belt school is based on the Korean martial art of Taekwondo (tae-kwon-doe). When literally translated, this means 'the art of attacking and defending with the hands and feet'.



Eighty million people can't be wrong

Martial arts training consists of a balanced and structured workout that can dramatically increase general fitness.

It is also ideal for becoming very fit, losing weight, toning up or for those who are really keen, to join the elite ranks at the Olympic Games.

The World Taekwondo organisation (WT) estimated that at the start of the 21st century there were over eighty million practitioners of the art and sport of Taekwondo around the globe.

In the first Taekwondo Olympic Games, the Taekwondo finalists represented diverse countries from all over the world including Korea, Australia, Germany, Russia, USA, China, Norway, Egypt, Cuba, Turkey, Greece, France and Vietnam.

Soccer, known as the 'world game' is probably the only other sport that has participants from a comparable cross section of the world's countries.

A unique activity

Taekwondo is popular in so many diverse countries because it contains no dogma that can clash with cultural or religious beliefs and training sessions are fun to do.

A Taekwondo session is more than just a work out - it is in fact a class, because there is a constant flow of information from the instructor. Our instructors not only patiently teach students 'what to do', they also always emphasise the 'how' and 'why' of each lesson.

A Martial arts workout can enable and develop bounding energy and is also an excellent way to experience and learn about the benefits of meditation.

Our martial arts programs are not just for sporty or athletic types either. Everyone regardless of age, shape, size or ability can reap the many rewards that martial arts can offer.

Within a couple of months every new student's body becomes noticeably toned, lithe and stronger.

If you have never learned how to stretch correctly before, your flexibility will also increase by an amazing rate.

All of our martial arts programs are designed so that each student can work out at their own pace, so they only compete against themselves rather than with each other. This has the effect of alleviating pressures such as 'looking terrific' or worried about being 'laughed at'.



Your fellow students

The other students within a martial arts class are very important because they become fitness partners and 'support crew'. Each class is structured so students share the experience or journey together. Students can form strong friendships.

Taekwondo training is an excellent way to meet healthy, honourable, positive, motivated and successful boys, girls, men and women.

Another great feature of our martial arts classes is that students receive expert personalised training, which makes it easier for each individual to achieve their own realistic fitness and health goals one step at a time.

Each training session is different, yet you can pick it up where you left off anytime and anywhere in Australia - or the world you may happen to be.



Setting goals: It's easy!

The symbol of the black belt is synonymous with martial arts and is part of a belt ranking and grading system that is used to measure a student's progression.

Belt promotions are an effective and time proven way in learning how to set, pursue and carry out the huge challenge of achieving a black belt.

This goal is achieved in nine realistic and manageable increments. Each belt symbolises achievement of a further set of skills.

Each new belt lifts a student out of their comfort zone in some personal way, either as a physical challenge or mentally, with the prospect of being publicly 'judged'.

By plugging into this ancient system and by applying practice and perseverance, the grading process gradually becomes less daunting, even though the syllabus becomes increasingly more complicated and difficult. Consequently, other more trivial challenges in everyday life tend to pale into insignificance.

Become a leader

It is no coincidence that professionally most black belts seem to run businesses, hold key positions or are good at schoolwork.



Our martial arts training is also an excellent vehicle for leadership training because the Beginners program, Black Belt Club, SWAT, STORM and subsequent Masters Club syllabus is designed so that students grow into teachers.

After only a few months of regular training, each new student becomes significantly more confident, self reliant and capable of 'looking after themselves' than they ever could before.

Martial arts training also facilitates the realisation that most unprovoked 'troublemakers' only use theatrical tricks to make themselves *seem* fierce and scary as a way to manipulate people.

Once a student grasps this, bullies and troublemakers can never again secure a 'hold' over their lives.

There is also a very strong ethos in our classes that ensures all students know how to control this power and this is reinforced within our student creed and rules.

Each student must make a commitment to always treat others in the spirit of friendship and to never deliberately provoke other people in any way that will negatively affect their body, mind or spirit.

A tool for life

Perhaps most importantly, martial arts are famous for being a particularly effective means of street self-defence for men, women and kids.



Our curriculum includes blocks, strikes, punches, kicks, holds, throws and weapons.

This physical training is augmented by the principles of charity, modesty, loyalty, patience and respect.

The combination of physical and ethics makes our Martial Arts programs the perfect personal system to keep you 'Safe In Your Space'

Now, to gain access to all these benefits and more, simply ensure that you come to your class, twice a week and participate to the best of your ability – and that's it!

Remember, if you have any questions or concerns about your drills, technique or syllabus, do not hesitate to ask one of our friendly instructors or a 'senior belt'.

It's time for your black belt journey to begin!

