



ENROLLMENT INFORMATION

Taekwondo is unique because it is a *modern* martial art, a combination of ancient traditional Korean techniques with the latest in state of the art sport science and medical technology. The Little Dolphins program incorporates Taekwondo training in a way that is suitable for young children.

The concept of the Big Dolphin program is this: By learning Martial Arts, **self discipline and determination are achieved**. Then, as technical and physical skill improves, **confidence begins to develop**. **From increased confidence comes a high self esteem**. We do all of this by a process. So please, *trust* the process because it works!!

Traditional Martial Arts Training

Traditional Martial Arts training dates back thousands of years. The *practice* of martial arts is designed to help you learn how to utilise your full physical and mental potential while incorporating the principles of modesty, integrity, patience, respect, loyalty and the spirit of charity.

Korean Terminology

With 'World Taekwondo' (WT) Taekwondo being practised in over 185 countries world wide, there is a need for some international uniformity. Therefore, the international language for Taekwondo is Korean. It is much the same as the way French is the language for ballet and Italian is the language for music.

Martial Arts in Self Defence

Taekwondo is an extremely effective and practical martial art. The basic principle is defence and counter attack. Martial Arts should *only* be used in self defence and then with only enough force to 'control an attack'. Little Dolphins are only taught 'escape' moves. We do not teach them to hit other people (that comes much later). We teach them how to hit 'targets'.

The Belt System

At the end of class each student receives an attendance stamp in their booklet. When they have accumulated 4 stamps they get a coloured stripe on one side of their belt.

This process is repeated until their stamp book is filled. This is when the Little Dolphin 'graduates' to the next coloured belt in front of the class. Parents are more than welcome to take pictures of this proud occasion. This 'stamp' system teaches the Little Dolphins about goal setting and achievement.

Eventually, once we think the Little Dolphin is ready, we move them up into the Big Dolphins Program which is a 'skills based program', unlike Little Dolphins, which is an 'attendance based' program. For more information, go to [the Big Dolphin video here](#).

If you have any questions or problems, you [can contact Shire Martial Arts here](#).

Instructors

Master Michelle Moss (5th Dan black belt), and her team are fully accredited by Australian Taekwondo (National Association), World Taekwondo (WT) and the Australian Coaching Council (ACC).

Class Frequency

All classes start punctually, so always try and arrive 5 mins prior to training time and to **quietly** wait for your class to start in the **designated waiting area**.



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To be good at Martial Arts and self defence, students need to attend all classes conscientiously throughout the year, otherwise it will take them a lot longer to learn the skills needed to be competent enough to pass the Tip Tests.

The Shire Martial Arts Little Dolphins program is based on regular attendance in order to maximise progress in this exciting and life changing program.

Our Black belt School has an unmatched and unique range of fun programs. We teach martial arts correctly and with your dedication to lessons, we will be able to teach your child skills for life, by improving their co-ordination, fitness, self confidence and self esteem.

Payments

Payments are for the total cost of tuition and the GST over a 12 month period. This amount is totalled and then budgeted into 26 fortnightly payments and collected on our behalf by our Management company by EFT or CC on the same day of each month that is stated on your agreement.

Please note that this **payment is not effected by class attendance**. Please carefully read the details on the agreement form that you signed when you joined Shire Martial Arts.

Refunds for lessons are not available. If you and your family are leaving the area, then please ensure that you let us know of the last lesson date that you will be here for, and you will only have to pay up to that month.

Sickness

If you or your child are sick and therefore unable to attend lessons, please let us know by phone or email in advance of each class you will not be attending. You will then qualify for a make-up class to be taken within the calendar month. For serious sicknesses where a student may be unavailable for lessons for more than three (3) weeks of the month, then please supply a medical certificate, we will then suspend your tuition until the student can safely return. Make up classes can not be credited to the next calendar month's classes or fees.

Please note that make-up classes are only available on specific days and times. Bookings are essential for make-up classes. There will be no make-up classes available on missed make-up classes, even due to sickness.

Holidays & Class Holding

If you and your family are going on holidays, ALWAYS let us know in advance. If you do not do this, you may have to re-book a new class on your return and therefore we can not guarantee the same class time you may have had previously.

Public Holidays

There are **no classes at SMA on NSW public holidays**. Makeup classes are not necessary to replace public holidays, as all days off from public holidays have been accounted for over the year. The length of your training program has been calculated to accommodate Public Holidays.

Problems

SMA is committed to providing EXCELLENT student service. If you have a problem or a concern about anything in relation to SMA it is VITAL that we arrange a *mutually convenient* time to communicate about it and **NOT while we are at our busiest** such as during class times.



If you would like to discuss something the best thing to do is to let one of the team know that you would like to talk. Then, we will call you ASAP. From there we can either talk on the phone or organise a meeting where we can give you 100% attention. If you like you can email us [using this link](#) or phone us on: **9531 7648**.

Please leave a message if not answered and we will get back to you ASAP.

