



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 concept of the SMA Beginners 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, compassion, patience, respect, honour, loyalty and 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'.

The Belt System

At the end of class each student receives a black attendance stripe on one side of their belt. When a sufficient amount has been accumulated, each student must then undergo a 'Tip Test' which is held each month where all skills covered in the syllabus must be demonstrated in an adequate way .

When this is achieved, the student receives a coloured skill stripe on the other side of their belt. The skill stripes are an achievement award and work as an incentive.



Once all of the skill stripes for each belt have been earned they then move up to the next coloured belt. Junior students, must also prove they have good behaviour and attitude at home and at school with our 'Belt Promotion Application' form.

Tip Tests

To ensure our new students get off to a good start with their Martial Arts training, we conduct their Tip Tests 'one on one' while they are white belts.

To find out how, please print off the 'Tip Test' pages in the 'New White Belt' section on the Shire Martial Arts website www.shiremartialarts.com.au.

To find this section, go to the 'Log in' page, click on 'New White Belts' link, enter the pass word you received when you joined SMA and then click on the 'White Belt Tip Test' link.

Instructors

Master Michelle Moss (5th Dan Black belt) and her team are fully trained and accredited by Australian Taekwondo Limited (ATL) our 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 Beginners program is based on attending two lessons per week 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 you skills for life, by improving you or your child's co-ordination, fitness, self confidence and self esteem.

Payments

Payments are for the total cost of tuition and the GST. This total yearly amount is budgeted into 26 x fortnightly payments and collected on our behalf by our Management company by EFT.

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 or extended family holidays 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 credit your lessons for when the student can safely return.

Make up classes can not be taken in place of your regular lesson, nor can they be credited to the next calendar month's classes or fees, except as stated above with long sicknesses or extended holidays.

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 all 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 on tkdinfo@shiremartialarts.com.au or phone us on:

9531 7648. Please leave a message if not answered and we will get back to you ASAP.

