



Taekwondo

Taekwondo is a modern martial art form that is characterised by fast high spinning kicks, blocks and punches. This form of self-defence develops aerobic fitness, muscular endurance, and power and core strength. It is suitable for any ability level from beginners through to black belts. Our program caters for students in Year 3 to 6.

Grading is also available for interested students at an additional cost.

Program Co-ordinator	Andra Priestley ccsa@pymblelc.nsw.edu.au
Instructor	Master Michael Pupo
Term/s	Term 1 and 2 (Semester 1)
Years	Year 3 to 6
Days/Times	Tuesday 3.15pm to 4.15pm Thursday 3.15pm to 4.15pm
Cost	1 class per week: \$327.00 2 classes per week: \$492.00
Maximum	30 students
Program Dates (Start/End) Tuesdays	Term 1: Tuesday 7 February to Tuesday 4 April Term 2: Tuesday 2 May to Tuesday 20 June
Program Dates (Start/End) Thursdays	Term 1: Thursday 9 February to Thursday 6 April Term 2: Thursday 4 May to Thursday 22 June
Venues	PE Centre
Uniform	PE uniform Students who participate in testing will be required to purchase the grading uniform (cost \$150.00 – please see the co-rdinator)
Equipment	All equipment is provided including all safety gear.
Membership	Each student is required to register with Taekwondo Australia. This is a once off annual fee (\$80.00) and will be added to your College account at the end of Term 1 or at the conclusion of the joining term.