



## Self-Defence / Tournament Competition Training

Participants can select either the Self Defence or Tournament Competition Training as a stand-alone with no background in Taekwondo or as an addition to their current training.

Students will benefit from the Self Defence class by engaging in a fast paced, comprehensive training program that focuses on women's self-defence drawn from a number of styles that include Taekwondo, Aikido, Hapkido, Krav Maga and Jeet kune Do.

Classes will be tailored to meet student's skill levels but will rapidly progress their abilities and improve their fitness levels.

Program Co-ordinator	TBC <a href="mailto:ccsa@pymblelc.nsw.edu.au">ccsa@pymblelc.nsw.edu.au</a>
Instructor	Master Michael Pupo
Term/s	Term 1 and 2 (Semester 1)
Years	Year 7 to 12
Days/Times	Tuesday 5.00pm to 6.00pm (Self-Defence) Thursday 5.00pm to 6.00pm (Self-Defence) Friday 3.30pm to 5.00pm (TCT)
Cost	\$330.00 Students who are participating in Taekwondo each semester will receive a 50% discount off this class. This will be applied to College account at the end of each term.
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
Program Dates (Start/End) Fridays	Term 1: Friday 10 February to Friday 31 March Term 2: Friday 5 May to Friday 23 June
Venues	PE Centre
Uniform	PE uniform
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.