



# WHITE TIGER KOREAN MARTIAL ARTS

Ph: 0416 930 985

Kristen Mann

E: k\_p\_mann@yahoo.ca

## Class Times and Locations

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
St Scholastica's College Glebe				
<i>NINJAS</i> 4.30 -5.15pm		<i>NINJAS</i> 5.00 -5.45pm		
<b>NINJA/COMMANDOS</b> 5.15 – 6.00PM		<b>NINJA/COMMANDOS</b> 5.45 – 6.30PM		<b>SPORTS TAEKWONDO</b> 3.00 – 4.30PM
<b>HAIKONG GUMDO</b> 6.00 – 7.00pm		<b>FAMILY TAEKWONDO</b> 6.30 – 7.30pm		<b>HAIKONG GUMDO</b> 4.30 – 5.30PM
<b>FAMILY TAEKWONDO</b> 7.00 – 8.00pm		<b>HAIKONG GUMDO</b> 7.30 – 8.30pm		
<b>ADVANCED TAEKWONDO</b> 8.00 – 9.00PM				

### NINJA TIGERS TAEKWONDO CLASS

This class is for students who are between the ages of **5 years and 8 years old**. The class aim is for the kids to learn while having fun. The Ninja Wolf Pack program is centred on building the child's focussing skills which will help improve the student's concentration at school. Self-defence for this group is all about what is real for them, such as stranger danger and bullies in the playground. It will also help build their tolerance to everyday challenges and improve self esteem.

### COMMANDO TIGERS CLASS

This class is for students who are between the ages of **9 years and 12 years old**. This class is structured around the primary school age child's attention needs. The focus of this class is structured around challenging the child physically and encouraging a positive psychological attitude. Self-defence for this group is all about what is real for them, such as stranger danger and school bullies. As well as beginning to learn the basic skills of positive conflict management.

### HAIKONG GUMDO CLASS:

This class is for students **12 years and over**, and best suits **teenagers and adults**. Haidong Gumdo is an elegant and powerful traditional Korean sword art ("Gum" meaning 'sword', "do" meaning 'the way'). This class is designed to teach the fundamentals of Haidong Gumdo swordsmanship. It is more physically demanding than it first appears, and is an art designed to build great physical, mental and emotional strength. Classes generally consist of warm up and stretching, form work and techniques, Danjun breathing exercises and Qi Gong development, and Haidong Gumdo sword sparring. Black belt students eventually develop the skills to participate in bamboo cutting seminars. Improvement of fitness, focus and personal development will be the main advantages of participating in this class. This class is both challenging and exciting, and develops great patience and focus.

### FAMILY TAEKWONDO CLASS:

This class is for **teenagers, adults and all ages**, and is designed to teach the fundamentals of Taekwondo. Classes will consist of: warm up and stretching, traditional taekwondo form work and techniques, self-defence and sport Taekwondo sparring. Improvement of fitness and self-defence skills are among the most noticeable advantages of participating in this class. This class is fun and exciting, and offers challenges both physical and mental in a supportive family environment.

### ADVANCED FAMILY CLASS

This class is for **teenagers and adults Only**. This class is for blue belts and above grades. The Advance Family classes offer a variety of martial arts techniques. The class consists of: advanced traditional Taekwondo techniques; streetwise self-defence techniques; challenging sport programs; vital point knowledge; board breaking development; strength and speed development. This class addresses the more serious teenager and adult self-defence situations.

### ADVANCED/SPORTS CLASS

This class is for students **12 years or older**. This class offers specific training for the student who wishes to train or compete in Sports Taekwondo. The training is high-energy, and is considered the most physically challenging class Wolves Taekwondo offers. The class is only open for students who qualify at gradings. All graded students 12 years and over are invited to try out for the squad. All students must have full protective equipment. Students must approach Master Andrew before training in this program.

Classes soon to come:

*Black Belt Haidong Gumdo:* Fortnightly seminars in black-belt sword techniques and bamboo cutting.