

MARTIAL ARTS IS FOR EVERYONE

CREATING A SAFER ST. GEORGE COMMUNITY

REGISTER FOR YOUR FREE TRIAL CLASS

☎ 1800 13 15 17 🌐 SGMAA.COM.AU



SGMAA IS AN INTERNATIONALLY RECOGNISED SCHOOL REGISTERED WITH THE KUKKIWON WORLD TAEKWONDO HEADQUARTERS

Timetable last updated 19/01/18



MONDAY		
Main Stage	Court 1	Court 2
NINJAS 4.30-5.00pm		JUNIORS White to Orange 4.30-5.30pm
NINJAS 5.00-5.30pm		
NINJAS 5.30-6.00pm	MARTIAL ARTS FITNESS *30-Day Pre-Paid 5.30-6.30pm	JUNIORS Green to Black 5.30-6.30pm
NINJAS 6.00-6.30pm		
	SENIORS All Belt Levels 6.30-7.30pm	JUNIORS All Belt Levels 6.30-7.30pm
		OLYMPIC SPARRING All Belt Levels 7.30-8.30pm

WEDNESDAY		
Main Stage	Court 1	Court 2
NINJAS 4.30-5.00pm		JUNIORS White to Orange 4.30-5.30pm
NINJAS 5.00-5.30pm		
NINJAS 5.30-6.00pm	MARTIAL ARTS FITNESS *30-Day Pre-Paid 5.30-6.30pm	JUNIORS Green to Black 5.30-6.30pm
NINJAS 6.00-6.30pm		
	SENIORS All Belt Levels 6.30-7.30pm	JUNIORS All Belt Levels 6.30-7.30pm
		BLACK BELT ELITE *Invitation Only 7.30-8.30pm

SATURDAY		
Main Stage	Court 1	Court 2
NINJAS 10.00-10.30am	SENIORS All Belt Levels 10.00-11.00am	JUNIORS White to Orange 10.00-11.00am
NINJAS 10.30-11.00am		
NINJAS 11.00-11.30am	SENIORS All Belt Levels 11.00-12.00pm	JUNIORS Green to Black 11.00-12.00pm
NINJAS 11.30-12.00pm		
	BLACK BELT ELITE *Invitation Only 12.00-1.00pm	*OLYMPIC SPARRING All Belt Levels 12.00-1.00pm

NINJAS	3-6 years
JUNIORS	7-11 years
SENIORS	12+ years
BLACK BELT ELITE	7+ years
OLYMPIC SPARRING	7+ years
MARTIAL ARTS FITNESS	12+ years

UNLIMITED CLASSES
SGMAA offers Martial Arts programs for all ages. At SGMAA, Martial Arts is for EVERYONE!.. Simply choose the classes that suit your age group and train in as many classes as you like...

BLACK BELT ELITE PROGRAM

Our Black Belt Elite program is participation via invitation only and students are selected to join this program based on their overall performance in classes and at gradings. Students must be orange belt and above to be eligible for invitation. This upgrade class attracts a fee of \$25/fortnight per student in addition to the standard SGMAA membership and runs twice weekly. Students that accept invitation to the BBE Program receive a complimentary 'Black BBE' Martial arts uniform to wear proudly in all classes. Assistant Instructors are selected only from our BBE students.

OLYMPIC SPARRING PROGRAM

Our (WT) Olympic Taekwondo classes run twice weekly and are open to all students from ages 7+. This explosive and sport Taekwondo specific program is designed to teach students the rules, attacks, defences, strategies and psychology of Olympic Taekwondo Sparring. This upgrade class attracts a fee of \$25/fortnight per student and is full contact which means students need to purchase their own (WT approved) chest protector, shin, forearm guards and helmet as a minimum requirement. This program is open to Orange belt students and above. See your instructors about joining.

MARTIAL ARTS FITNESS PROGRAM

Our Martial Arts Fitness program is open to everyone and anyone interested in getting in shape and learning self defence at the same time. Participants of this program do not need to wear the SGMAA Martial Arts uniform nor sit belt examinations (Gradings) – students who participate in MA Fitness simply want to burn fat, stay in shape and learn some real-world self-defence. This program is pre-paid and students will purchase a 30-day pass (\$120/student/30 days) to participate in 2 classes per week. Ideal for parents waiting for their kids to finish their classes or adults just looking to stay fit!