



ST. GEORGE MARTIAL ARTS ACADEMY

James Cook Boys Technology High School, 800 Princes Hwy, Kogarah NSW 2217
 (Parking off Princes Hwy, training in the main assembly hall - next to the field)
 info@sgmaa.com.au | 1800 13 15 17 | sgmaa.com.au



REGISTERED WITH KUKKIWON
WORLD TAEKWONDO HEADQUARTERS

MONDAY		
Stage	Court 1	Court 2
NINJAS 4.30-5.00pm	JUNIORS White Belts 4.30-5.30pm	JUNIORS Yellow to Orange 4.30-5.30pm
NINJAS 5.00-5.30pm		
NINJAS 5.30-6.00pm	JUNIORS Green to Black 5.30-6.30pm	MARTIAL ARTS FITNESS *30-Day Pre-Paid 5.30-6.30pm
NINJAS 6.00-6.30pm		
NINJAS 6.30-7.00pm	JUNIORS All Belt Levels 6.30-7.30pm	SENIORS All Belt Levels 6.30-7.30pm
NINJAS 7.00-7.30pm		

WEDNESDAY		
Main Stage	Court 1	Court 2
NINJAS 4.30-5.00pm	JUNIORS White Belts 4.30-5.30pm	JUNIORS Yellow to Orange 4.30-5.30pm
NINJAS 5.00-5.30pm		
NINJAS 5.30-6.00pm	JUNIORS Green to Black 5.30-6.30pm	MARTIAL ARTS FITNESS *30-Day Pre-Paid 5.30-6.30pm
NINJAS 6.00-6.30pm		
NINJAS 6.30-7.00pm	JUNIORS All Belt Levels 6.30-7.30pm	SENIORS All Belt Levels 6.30-7.30pm
NINJAS 7.00-7.30pm		

FRIDAY		
Main Stage	Court 1	Court 2
NINJAS 4.30-5.00pm	JUNIORS White Belts 4.30-5.30pm	JUNIORS Yellow to Orange 4.30-5.30pm
NINJAS 5.00-5.30pm		
NINJAS 5.30-6.00pm	*OLYMPIC SPARRING All Belt Levels 5.30-6.30pm	BLACK BELT ELITE *Invitation Only 5.30-6.30pm
NINJAS 6.00-6.30pm		
NINJAS 6.30-7.00pm	JUNIORS All Belt Levels 6.30-7.30pm	SENIORS All Belt Levels 6.30-7.30pm
NINJAS 7.00-7.30pm		

SATURDAY		
Main Stage	Court 1	Court 2
NINJAS 10.00-10.30am	JUNIORS White to Orange 10.00-11.00am	SENIORS White to Orange 10.00-11.00am
NINJAS 10.30-11.00am		
NINJAS 11.00-11.30pm	JUNIORS Green to Black 11.00-12.00pm	SENIORS Green to Black 11.00-12.00pm
NINJAS 11.30-12.00pm		
NINJAS 12.00-12.30pm	*OLYMPIC SPARRING All Belt Levels 12.00-1.00pm	BLACK BELT ELITE *Invitation Only 12.00-1.00pm
NINJAS 12.30-1.00pm		

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

BLACK BELT ELITE PROGRAM

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 \$30/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 \$30/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.

MARTIAL ARTS FITNESS PROGRAM

This 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 adults looking to get fit and stay in shape!