

**NUTAOFIT MARTIAL ARTS ACADEMY**  
Incorporating **FLYING DRAGON TAEKWON DO**  
**Information Booklet**

NuTaoFit Martial Arts Academy

# FLYING DRAGON TAE KWON DO

## SCOUT HALL

Nepean Highway

## MORDIALLOC



**Call David 0414 227 322**

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**CLASS TIMES**

Classes are held at Mordialloc on Monday's and Thursday's.

<b>Monday</b>	<b>4pm -5pm</b>	<b>Family TKD</b>	<b>Mum's &amp; Dads and the Kids</b>
	<b>5pm - 6pm</b>	<b>Tiny's TKD</b>	<b>Children Under 9</b>
	<b>6pm - 7pm</b>	<b>TaeKwon Do</b>	<b>Mixed Class (Adults &amp; Kids)</b>
	<b>7pm - 8pm</b>	<b>KickBoxing-</b>	<b>Ladies Only</b>
	<b>8pm - 9pm</b>	<b>Executive KickBoxing</b>	
	<b>8pm - 9pm</b>	<b>TaeKwon Do</b>	<b>Adults only</b>
<b>Thursday</b>	<b>5pm - 6pm</b>	<b>Tiny's TKD</b>	<b>Children Under 9</b>
	<b>6pm - 7pm</b>	<b>TaeKwon Do</b>	<b>Mixed Class (Adults &amp; Kids)</b>
	<b>7pm - 8pm</b>	<b>KickBoxing-</b>	<b>Ladies Only</b>
	<b>8pm - 9pm</b>	<b>Executive KickBoxing</b>	
<b>Friday</b>	<b>9.30am-10.30am</b>	<b>Mum's Kickboxing</b>	

We also have classes on other nights at different locations, being Dingley, East Bentleigh, Woori Yallock, West Footscray and Ballarat.

**CLUB FEES**

All fees are on a **Monthly** basis, commencing and payable at the start of each month. Age 16 is defined as Adult

These prices are for 10 months of the year. December & January are not charged for.

	<b>One class per week</b>			<b>Two classes per week</b>		
	<b>Kids</b>	<b>Adults</b>	<b>Child/Adult</b>	<b>Kids</b>	<b>Adults</b>	<b>Child/Adult</b>
<b>Single</b>	<b>\$42</b>	<b>\$54</b>		<b>\$72</b>	<b>\$96</b>	
<b>Double</b>	<b>\$60</b>	<b>\$84</b>	<b>\$72</b>	<b>\$96</b>	<b>\$108</b>	<b>\$100</b>
<b>Family</b>	<b>\$72</b>	<b>\$108</b>	<b>\$96</b>	<b>\$120</b>	<b>\$144</b>	<b>\$108</b>

There is a yearly membership fee of \$45.00 for individuals and \$60 for Doubles or family's which covers indemnity insurance and equipment replacement. This fee is payable with the first monthly fee, or can be spread over the year in instalments.

Casual rate for new starters is \$10.00 per lesson until the end of the month and then monthly fees apply from then on.

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### **GRADINGS**

**Gradings or tests for belts are held on a quarterly basis. Each belt level has two stages to it. These stages are called Bars. A student on receiving a new belt will receive a coloured bar across the belt. A second bar will be added at the next grading. The subsequent grading after that will be to the belt of the next level. This means that if a student keeps up with the work requirement, they can change belts every 6 months. The different coloured bars across the belt denotes a students age or disipline. On junior belts a green bar means that they are under 10, a yellow bar means between 10 & 12 years old and a black bar denotes that they are over 12 years. All these students have a green stripe running through their belt. For the senior students a blue bar means a self defence disipline, a white bar denotes a poomse disipline whilst the black bar is for sparring. Seniors have a white stripe running through their belt. A Red stripe means the student is doing all disaplins.**

**The Belt colours within our system are:**

**White, Yellow, Green, Blue, Brown, Red, ChoDan BO (provisional Black) and Black Belt.**

**There is a grading fee payable each time a student grades. Fees differ per Belt but start at around \$15.00 New belts cost \$15.**

**We do have an acceleration program for students who put the time and effort in to their training. This program is ideal for around yellow/green belt level to enable students to fast track to the more difficult programs.**

**We do not encourage or discourage this course. It is up to the student.**

**Some find the work easy and less difficult than others. We prefer for students to progress at their own speed. No pressure, no urgency.**

**Grading are held in March, June, September and December, usually on a Friday in Class times. The only exception to this is the June grading which is held in conjunction with our other clubs. This is a big day with around 100 students grading on the day. This day is held on a Sunday afternoon and in the past has been held around the East Bentleigh area.**

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## **ACCOUNTS INVOICED MONTHLY**

Each month you will receive an invoice detailing your fees. This will be in statement form showing all payments previously made. The yearly membership can be spread over the entire year at \$5/\$8 per month if you so wish. The yearly fees are spread over 10 months of the year. There are no fees payable December or January when it is harder to find the available funds due to other pressing commitments.

## **FLYING DRAGON**

NuTaoFit Martial Arts Academy, of which the "Flying Dragon TaeKwon Do" is its traditional Martial Art arm, also offers a wide and varied syllabus in other disciplines. Ladies Self Defence and KickBoxing have proved very popular over the years. Our KickBoxFit classes have taken the TaeBo craze and shown the practical side. You can get the aerobic workout you want but also know how to throw a proper punch and kick.

Weapons, Jujitsu & Grappling training require that little bit more dedication than just a casual interest but are offered to the more senior students. If it's a sweat you want, you can be assured, but if it's just a gentle pace, we can handle that too. Make it a family activity - we did.

There is something for everyone in our Club.  
All it needs is you.

Enjoy the Club atmosphere at Mordialloc run by Sabumnim David MacSporran (6th Dan) and son, Fourth Dan Greg.

We are all a big family and invite you to join us. We want you to enjoy your Martial arts and all the things it can bring. Whether it is fitness, flexibility, fun, self confidence or being able to properly defend your self, the opportunities are endless. Kids develop skills that no other activity can bring. Their school work improves, their motor skill dramatically improves. And best of all their entire attitude to life improves. It is worth the time to take a look. An entire new world can open up to any one willing to take the chance.