



# UNITED TAEKWONDO

Bonython Primary School

Lunch time classes – Fridays

Term 1 2017

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## Enrolment for Term 1 2017 – new lunch time Taekwondo class!

Hi! I'm Sharon from United Taekwondo. I am very pleased to be able to offer Taekwondo classes at Bonython Primary School at lunch time on Fridays. Exercising through a confidence boosting, self defence activity is a great alternative to regular free play at that time. And very convenient for parents!

My Taekwondo lunch club is a 35 minute martial art and physical activity class for children from Kindergarten to Year 6. United Taekwondo, originally a Korean self-defence martial art, is safe for all children and does not teach them to hurt others... ever. Students have the opportunity to learn confidence, respect, self defence, strength, flexibility and coordination. They will do partner empathy exercises and even experience basic meditation! All students are trained under the auspice that Taekwondo is only to be practiced in an organised class or in a safe place at home. Not on other students, siblings or on anyone where it is not an emergency situation. Class details are:

Day: Fridays  
Time: 1.10pm – 1.45pm  
Cost: \$80 for 8 weeks of training – STARTS WEEK 3

### If your child is interested in this club you will need to:

- reserve your child's place by emailing your child's details to me at [utkdcanberra@grapevine.com.au](mailto:utkdcanberra@grapevine.com.au)
- confirm your child's place by making the \$80 payment using the bank details below:  
**United Taekwondo Westpac BSB: 032 713 Acc: 23 4321**  
Please include your child's name for reference
- complete the attached permission slip and return it to me at the first class they attend.
- consider putting a reminder note in your child's lunch box on Taekwondo mornings!

Twice a year we have Assessment Days, which your children can participate in. If they can demonstrate what they have learned at the appropriate level, they will receive a Taekwondo belt, which they can wear in class. Students will legitimately be progressing towards achieving a black belt!!! Isn't that fantastic?

If you have any questions, please call or email me. Thanks so much.

Branch Instructor Sharon  
0401 476 050  
[utkdcanberra@grapevine.com.au](mailto:utkdcanberra@grapevine.com.au)

*Classes are limited to 20 students. If capacity is reached in Term 1, your child will be put on a waiting list and contacted as soon as a place becomes available.*

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I, \_\_\_\_\_ give permission for my child/ren \_\_\_\_\_

to participate in the United Taekwondo Friday lunch club at Bonython Primary School in 2017.

\_\_\_\_\_ \$80 payment made to bank YES NO  
signed date

Parent contact details:

Name: \_\_\_\_\_ Mobile no: \_\_\_\_\_

Email: \_\_\_\_\_