

Past Events

We had one representative in the recent State Championships that were held on 19 Nov 17 at Netball Central in Sydney Olympic Park, Homebush. She was successful bringing home the gold in her division. It would be nice to see more competitors in either sparing or Poomsae in next year's State competitions.

The last grading for 2017 was held at the Glenwood Community Hub on 3 Dec 17 and as in other years everyone had a chance to break wood and demonstrate their skills. Santa made a brief appearance and was amazed by the pile of broken boards that he saw. The sausage sizzle was much better patronized than in previous years to the extent that we ran out of food. We apologize to those few who missed out and will try and avoid this happening next year. We congratulate all those who graded and benefited from their hard work at training. Grading certificates and new belts will be presented at grading over the next two weeks.

Upcoming Events

The last day of training for 2017 will be 14 Dec 17.

The first day of training for 2018 will be 16 Jan 18.

There will be a Kukkiwon sponsored competition held in Melbourne on 26 and 27 Jan 18. Details on this competition are now available ([IMSF infor V9.pdf](#)) . Please ask your coach for further details.

The second Kukkiwon NSW Hanmadang will be held in April 2018 at Stanhope Gardens Leisure Center. This was a great success earlier this year and is at one of our training centers so watch for details.

Thinking About Competitions?

If you are thinking that you would like to have a try in a competition then you will need the endorsement of your coach. Coaches are unlikely to provide this if they think that you do not have the stamina or skills – they don't want to see you completely disillusioned. You are therefore strongly advised to attend one of the two advanced/tournament sessions to improve your skills and stamina. These are Wednesday evening 7:00PM to 8:00 PM at Glenwood Community Hub and Saturday 3:00 PM to 4:00 PM at Stanhope Leisure Centre.

Grading

We conduct gradings four times a year. Details for these events will be provided during training sessions. Instructors will assess your readiness for grading to the next level during training sessions. Those who need to improve or learn patterns, Poomsae training is held on Wednesday evenings from 6:00 PM to 7:00 PM at the Glenwood Community Hub. If you can't attend these sessions then you should speak to your instructor.

Uniforms and Equipment

People wishing to purchase uniforms should speak to your coach. Master Hong provides quality uniforms and is very conscious of how fast children grow. Uniforms are required for training, competitions and grading.

Taekwondo shoes are a preferred option, however children grow quickly and this could make them an expensive option. If you choose not to purchase Taekwondo shoes then you should ensure that shoes used for training are not rigid, are light, and have a soft, non-slip sole. Note that competition is performed barefoot and if training is conducted on mats then shoes are not worn.

For most people protective gear is optional, however for advanced training arm guards and shin guards are advisable. Unless you intend to enter competitions chest guards, groin guards, gloves, foot socks and head guards will not normally be required.

Your coach will be able to assist and advise in the purchase of protective gear and shoes. Alternatively you can purchase these items at one of the martial arts shops in Sydney. If you do so make sure that the equipment is designed for Taekwondo and preferably WTF approved.