

## Past Events

There have been a number of club level tournaments, the State Championships and the Kukkiwon Hanmadang since the beginning of the year. It is all happening. The Hanmadang was well represented by our club and from all accounts everyone who participated had a great time. We had a very small representation at the State competition. Unfortunately it was held on the same weekend as our last grading.

## Training

Please see <http://www.hongstkd.com.au/sessions.html> for details of our sessions if you require them.

## Upcoming Events

**Our next grading** will be held at the Glenwood Community Hub on Sunday **1 July 2018** commencing at 2:00 PM. Details will be handed out during training over the next few weeks. If you think that your patterns are not up to standard now is the time to start attending the Poomsae class on Wednesday nights at Glenwood (starts at 6:00 PM).

Remember training continues over the school holidays.

For your calendar, Australian Taekwondo NSW will be conducting a State competition on **18 November 2018** at Netball Central, Sydney Olympic Park.

## 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 grading 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.