

WOLVES TAEKWONDO

WOLVES CLASS TIMETABLE

As from 1 February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Springwood Public School	Blaxland East Public School	Winmalee Public School	Leura Public School	Hazelbrook Public School
ADVANCE NINJA WOLF PACK 5.00-5.45PM	NINJA WOLF PACK 5.00-5.45PM	NINJA WOLF PACK 5.00-5.45PM	NINJA WOLF PACK 5.00-5.45PM	NINJA WOLF PACK 5.00-5.45PM
ADVANCE COMMANDO/SPORTS WOLVES 5.45-6.30PM	COMMANDO WOLVES 5.45-6.30PM	COMMANDO WOLVES 5.45-6.30PM	COMMANDO WOLVES 5.45-6.30PM	COMMANDO WOLVES 5.45-6.30PM
ADVANCED CLASS 6.30-7.30PM	FAMILY CLASS 6.30-7.30PM	SPORTS ELITE CLASS 6.30-7.30PM	FAMILY CLASS 6.30-7.30PM	FAMILY CLASS 6.30-7.30PM
FAMILY CLASS 7.30-8.30PM	HAIKONG GUMDO 7.30-8.30PM	HAIKONG GUMDO 7.30-8.30PM	HAIKONG GUMDO 7.30-8.30PM	ADVANCED/SPORTS CLASS 7.30-8.30PM

NINJA WOLF PACK CLASS

This class is for students who are between the ages of **5 years and 8 years old**. The class aim is for the kids to learn while having fun. The Ninja Wolf Pack program is centred on building the child's focussing skills which will help improve the student's concentration at school. Self-defence for this group is all about what is real for them, such as stranger danger and bullies in the playground. It will also help build their tolerance to everyday challenges and improve self esteem.

ADVANCE NINJA WOLF PACK CLASS

This class is for students who are between the ages of **7 years and 9 years old**. This class is for blue belts and above grades. The class is structured around the younger serious martial arts skill acquisition and behavioural development needs. Like the Ninja Wolf Pack, the self-defence is centred on what is real for them, such as stranger danger and school bullies. The structured side of this class will improve the student's concentration at school and help them build tolerance to everyday challenges.

COMMANDO WOLVES CLASS

This class is for students who are between the ages of **9 years and 12 years old**. This class is structured around the primary school age child's attention needs. The focus of this class is structured around challenging the child physically and encouraging a positive psychological attitude. Self-defence for this group is all about what is real for them, such as stranger danger and school bullies. As well as beginning to learn the basic skills of positive conflict management.

ADVANCE COMMANDO WOLVES CLASS

This class is for students who are between the ages of **10 years and 13 years old**. This class is for blue belts and above grades. The class is structured around the younger serious martial arts skill acquisition and behavioural development needs. Advance classes offer a variety of martial arts techniques. The classes consist of: attitude development program; challenging sport programs; key martial arts knowledge; strength and speed development. This class also encourages the use of positive conflict management skills.

FAMILY CLASS

This class is for **teenagers, adults and all family members**. This class is designed to teach the fundamentals of Taekwondo, consisting of: warm up and stretching; traditional Taekwondo form work and techniques; self-defence and Taekwondo sparring. Improvement of fitness and self-defence skills will be the main advantages of participating in this class. This class is fun and exciting, and offers challenges both physical and mental in a supportive family environment.

ADVANCED FAMILY CLASS

This class is for **teenagers and adults Only**. This class is for blue belts and above grades. The Advance Family classes offer a variety of martial arts techniques. The class consists of: advanced traditional Taekwondo techniques; streetwise self-defence techniques; challenging sport programs; vital point knowledge; board breaking development; strength and speed development. This class addresses the more serious teenager and adult self-defence situations.

ADVANCED/SPORTS CLASS

This class is for students **12 years or older**. This class offers specific training for the student who wishes to train or compete in Sports Taekwondo. The training is high-energy, and is considered the most physically challenging class Wolves Taekwondo offers. The class is only open for students who qualify at gradings. All graded students 12 years and over are invited to try out for the squad. All students must have full protective equipment. Students must approach Master Andrew before training in this program.

HAIKONG GUMDO

This class is for students **12 years or older**. Suits teenagers and adults. All beginners are welcome. Haidong Gumdo is an elegant and powerful ancient Korean Sword Martial Art (Gum – Sword, Do – The Way). It's more physically demanding than it looks, Haidong (The Light of the East) builds great physical, mental and emotional strength. The Samurai of Japan are direct descendents of the Samu Rang of Kokuryo (Goguryo).