



# UNITED TAEKWONDO

Lunch time Taekwondo classes

St John Vianney's Primary School

---

## Enrolment for 2020

Hi! I'm Sharon from United Taekwondo. I am very pleased to be able to offer Taekwondo classes at St John Vianney's Primary School at lunch time on Wednesdays. 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 30 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 organised or in a safe place at home. Not on other students or siblings!!! Class details are:

Day: Wednesdays  
Time: 11.25am (after the children have eaten lunch) to 11.55am  
Cost: \$100 for the school term of training

**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 \$100 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)

---

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

to participate in the United Taekwondo Wednesday lunch club at St John Vianney's Primary School in 2020.

\_\_\_\_\_                      \_\_\_\_\_                      **\$100 payment made to bank    YES    NO**  
signed                      date

*Parent contact details:*

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

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