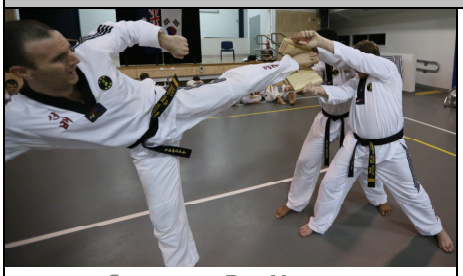
SUN BAE KOREAN MARTIAL ARTS

THE GAP



SABOMNIM BEN VICKERY
CLUB INSTRUCTOR
3RD DAN TAEKWONDO
0416 932 237
BEN@SUNBAE.NET

LOCATION & TIMES

Hilder Road
State School Hall
Kaloma Road

TUES & THURS

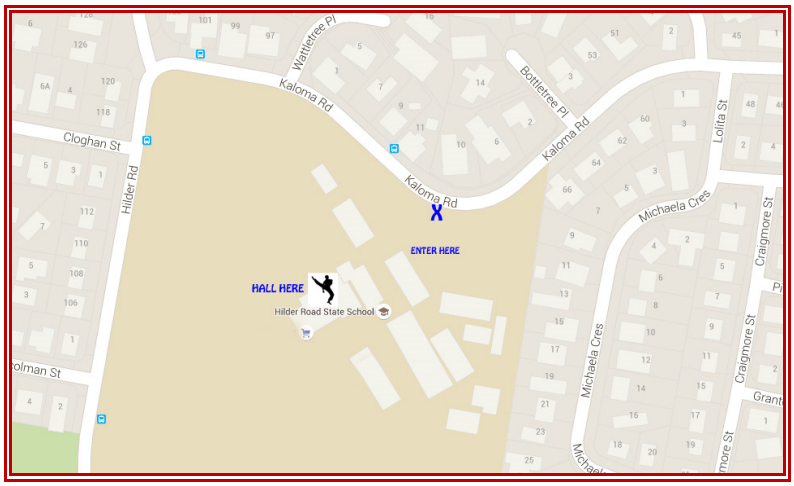
Tigers 5:30-6:30pm (age 5-11)
Mixed 6:30-8pm (age 11-55+)

NEXT CLOSEST CENTRES ARE:
NEWMARKET

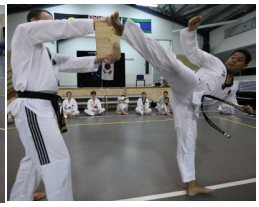
CENTRES THROUGHOUT BRISBANE
(07) 3368 3390

WWW.SUNBAE.NET

NICOLE
ASSISTANT INSTRUCTOR
1ST DAN TAEKWONDO



HILDER RD SCHOOL



FREE OFFERS

2 WEEKS FREE TRYOUT!
&
FREE UNIFORM!!

COSTS

JOINING

Entrance fee - Lifetime Membership: • Membership Booklet (full colour) • Student Handbook (full colour) • Training card cover (yellow sleeve)	$25

UNIFORM

Sun Bae honeycomb uniform includes badges & embroidery (normally $89)	free on joining!!

TRAINING

Inclusions:

- UNLIMITED classes - no restrictions.
- FREE Grading - Taekwondo Gup
- FREE Grading - Hapkido Gup
- FREE seminars (special classes with Master Instructor)
- Families can pay by instalments.

$89pm... 1st family member

$61pm... 2nd family member

$60pm... 3rd family member

$30pm... 4th family member

$FREE... 5th family member

Note: casual training (pay by the month) for non-members is $133.50 per month – as a member you pay only $89 per month!

ANNUAL MEMBERSHIP

Annual Fee: Pay on joining & Renewable each year at 1 April. Includes: • Sports insurance (liability - not health cover). • Free entry to compete at Sun Bae's Annual Technical Championship (non-contact) in October. • Free entry for Sun Bae's End of Year Awards Night (incl family & friends) • Online access to our member area for discounted shop items & training resources. Note: The Annual fee is only $40 when you join between Oct-Dec	$88

Kukkiwon
International Certification for Taekwondo Black Belt

World Taekwondo Federation
Olympic Sport

The Korea Hapkido Federation

Australian Kumdo Society

FOR MORE INFORMATION

Master Bradley (8 dan)
0414 574 574 (phone/text)
master@sunbae.net
WWW.SUNBAE.NET

SUN BAE KOREAN MARTIAL ARTS

COMMON QUESTIONS

DOES SUN BAE CONDUCT CLASSES OVER SCHOOL HOLIDAYS?

Yes! Sun Bae is open all year except for 3 weeks in late December for Christmas. Other cancellations are listed in our online calendar.

WHAT ABOUT PUBLIC HOLIDAYS?

No. Sun Bae does not operate on Public Holidays.

I AM A BEGINNER. DO I NEED TO BE FIT ALREADY?

No. Sun Bae classes are designed so you can go at your own pace. Most newcomers are beginners. Most beginners are not already fit. No. Sun Bae classes are designed so you can go at your own pace. Most of our newcomers are beginners and most of our beginners are not already fit. You will be quite comfortable and not feel out of place. Advanced students are also very helpful and understanding with beginners.

WHAT IF I HAVE PREVIOUS TAEKWONDO EXPERIENCE?

Your previous belt ranking may be retained subject to approval. Alternatively, you may choose to start again from white belt and relieve the pressure of performing at a higher level. If you have not trained for some time, you may find techniques have evolved and patterns may have changed. If you perform well at the grading tests, there is the possibility of being double promoted. You can choose where you would like to start of course.

WHAT DO I WEAR?

During your free tryout period, wear loose clothing. Once you have decided to join, we will arrange your Taekwondo uniform. All new students receive a FREE uniform upon joining.

DO I HAVE TO BOOK?

No, there is no need to book. Simply arrive at one of our centres to receive your FREE offer. We advise you check our CALENDAR for any sudden class cancellations or disruption. If you want to inform the coach that you are intending to visit their centre, you can contact them by phone (text or call). You may also email them.

WHAT IS THE YOUNGEST AGE FOR CHILDREN?

Firstly, we have separate classes for youngsters. Generally, we say age 5 is almost always acceptable. We have had success with some youngsters aged 4, but our best success has always been with youngsters who are at least in grade one at school. Overall, it really depends on how capable your child is at taking instructions, without being distracted. If they have the ability to attentively listen and watch, they will be able to succeed. Some centres have a Cubs class which is specific for age 4.

HOW MANY TIMES PER WEEK SHOULD I ATTEND? IS ONE OKAY?

No, not really. One lesson per week will not increase your skill level. You need two lessons per week on a regular basis in order to allow your body to retain the necessary "muscle memory". Two lessons per week is our recommendation. You can do more, but two is enough. Note that it costs the same to go to one lesson per week as it does to go to 4 lessons per week. At Sun Bae, our motivation is to increase your skill and get you to black belt.

CAN I TRAIN WITH MY CHILDREN?

Yes, but only in the mixed class. The mixed class usually operates directly after the Children's Class at either 6pm or 6:30pm. We do not allow adults to participate in the Children's class, for obvious reasons.

WHAT IS THE DIFFERENCE BETWEEN TAEKWONDO, HAPKIDO & KUMDO?

Taekwondo & Hapkido both originate from Korea. Taekwondo focuses on kicking and striking techniques, utilising fast moving stances. It is very powerful and very fast. Taekwondo defence includes a variety of different blocks, although moving and deflection are predominant. Taekwondo is generally very easy to learn. Hapkido focuses on close-in hand techniques, utilising throwing, pinning, traps, take-downs and joint manipulation. Weapons are also practised. Hapkido is very complementary to the Taekwondo system. Kumdo is the art of fighting with a two handed sword.

I JUST WANT TO DO HAPKIDO... I AM NOT REALLY INTERESTED IN TAEKWONDO?

That's okay. This is a commom misperception, because you have probably only seen sports Taekwondo. But Sun Bae focuses on traditional Taekwondo, integrating modern sport technique too of course. And the Hapkido system actually contains approximately 90% of the traditional Taekwondo system. Therefore, at Sun Bae, you cannot learn Hapkido without also learning Taekwondo as well. And at Sun Bae, our classes mix both systems together. You will start your gradings in Taekwondo first, because it is a much easier system. After attaining some Taekwondo skill, you will be able to start grading in Hapkido. Having that Taekwondo experience will make your Hapkido learning much easier to handle and much more enjoyable. Eventually you will have a black belt in both. Our system has proven itself over many, many years and it produces strong martial artists. Your next step is to try out and see what you think...

How long does it take to get my first black belt?

At Sun Bae, the classes are mixed with Taekwondo and Hapkido. Gradings are every three months, so you can get very close to your Taekwondo black belt wilthin three years. But the next step to black usually takes at least another year. So you would have your Taekwondo black belt in about four+ years. Hapkido gradings start after about 18 months of training at Sun Bae. Of course, you have been learning Hapkido from your first lesson, so it will come easily. Your Hapkido black belt could be attained about one year after the Taekwondo black belt (ie after training with Sun Bae for 5+ years). Kumdo black belt will likely take about 2-3 years, provided you are experienced already in Taekwondo and Hapkido. The time taken to successfully attain your black belts will vary between individuals. In the end, it will depend upon the dedication you put towards your training. The above estimates are based upon training no less than two times per week regularly.

Will Sun Bae classes suit me?

Yes! Previous experience, fitness or flexibility are not required. Sun Bae classes are designed for men and women to age 55+ and for children from age 4. There are separate classes for children. Classes are social, enjoyable and ideal for couples and families. Techniques are easy to learn and you will progress at your own pace.

How will I benefit?

Physically, mentally and socially. Learn street safe awareness as well as the skills to defend yourself. Sun Bae classes will help reduce stress, increase body tone, strength, flexibility and co-ordination, which all leads to good health. You will find an improvement in your concentration and perseverance, which often leads to better performance in academic and similar areas. There is a social aspect as well, which helps develop confidence. We are a club as well, so you will definitely meet like-minded new friends.

Who will teach me?

All the Sun Bae Instructors are highly trained and continue to keep abreast of current trends and innovations in technique. Sun Bae's Master Instructor is a master of Taekwondo, Hapkido and Kumdo. Master Bradley resides in Brisbane which allows all Sun Bae Instructors to train regularly under his helpful yet watchful eye.

Is it costly?

Sun Bae is less costly than most other Taekwondo clubs, because our training fee includes the grading fee for free (that's for both Taekwondo and Hapkido)! Sun Bae is definitely affordable, especially when compared with other sports available and we also have very good family rates. In fact, you will only ever pay for 4 in a family, as the rest are free! You will likely find a grading costs around $70-$90 each time and usually four per year. When you apply for gradings with Taekwondo and Hapkido, it's a big saving! Even if you apply for only one style, it is still a great saving. In addition, included in the training fee are FREE seminars conducted personally by the Master Instructor which would normally be $30 each time. Another great inclusion. Also, Sun Bae is club orientated, so there are no nasty annual contracts. When you pay for your training fee per calendar quarter, it works out that you get a month free...and that's every quarter! This means you don't have to worry about when you are on holidays or when you fall sick. In addition, your training card is unlimited. That means you can train as many times per week as you like...Yes, that's an open training card with no restrictions. As you can see, our coaches are genuinely interested in getting you to black belt and for them, the more you train, the easier it is!

Holidays and my Fee?

If you pay quarterly, it is a discounted rate. As part of the discount, you already received one month free each quarter. When you go away on holidays for longer than one month or if you are injured or sick, you may apply to have part of your training fee refunded. If approved, your refund will generally be equal to the time away which was longer than one month. So if you go away for just two weeks for example, there is no refund (because you already have one month for free of course). But if you go away for seven weeks, you can get a three week refund.

Can I please have a free tryout?

Yes! We want you to be sure about our classes. Everyone will receive a free tryout period. To find out more about our FREE offers and arrange your FREE tryout, simply call or text or email the Master Instructor or check out the details online. Our costs, locations, training times are all online.

How do I Join?

Easy! Our coaches will help you, or you can go to online and *Register*. Once you have registered, our online system will automatically send you an email explaining the next step. For ease, payments are all made online.

FOR MORE INFORMATION

Master Bradley (8 DAN) 0414 574 574 (phone/text)

master@sunbae.net

www.sunbae.net