



SUN BAE KOREAN MARTIAL ARTS

TOOWOOMBA



SABOMNIM JOHN HANDYSIDE
KUMDO CLUB INSTRUCTOR
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LOCATION & TIMES

Newtown State School Sports Hall

24 Albert Street Newtown

Toowoomba, Queensland 4350

Access: parking on Albert Street & Polo Street

SATURDAY

10:30-12:00pm

Technical (age 12+)

Sparring (age 8+)

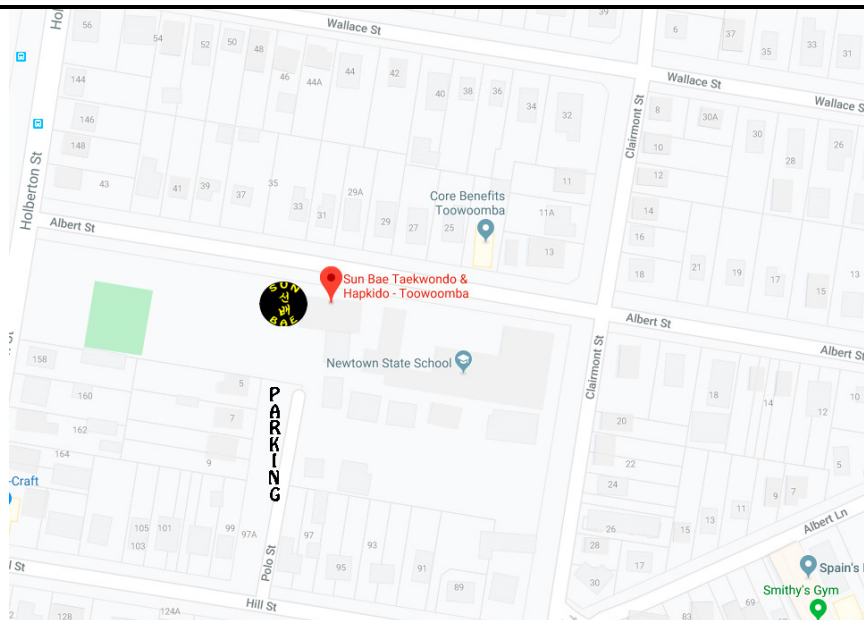
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NEWTOWN STATE SCHOOL SPORTS HALL



FREE OFFERS



**TECHNICAL CLASSES
&
SPARRING CLASSES**



SCHEDULE OF KUMDO COSTS

COSTS	NON MBR	TKD MBR	NEW MBR
LIFETIME MEMBERSHIP <i>*MBR BOOK, TRAINING CARD COVER & STUDENT MANUAL</i>		NIL	\$25
ANNUAL INSURANCE		NIL	\$88
UNIFORM		\$150	\$90
KUMDO WHITE T-SHIRT		\$20	\$20
TECHNICAL GEAR PACK: <ul style="list-style-type: none"> - \$60 BAMBOO SWORD - \$40 WOOD SWORD (GRIPPED) & SHEATH - \$20 SWORD COVER (WITH PATTERN) - \$19 NORLIGAY (MEDIUM/LARGE) TASSLE - \$50 SWORD CARRY BAG 	\$189	\$150	\$150
SPARRING GEAR PACK: <ul style="list-style-type: none"> - \$55 HELMET & VISOR - \$50 BODY GUARD - \$35 ARM GUARDS - \$50 FOAM SWORD - \$50 CARRY BAG 	\$240	\$190	\$190
TRAINING FEE PER TERM		\$130	\$194
GRADING FEE PER RANK		\$99	\$99
SPARRING (ONLY) CLASSES – PER LESSON FEE <i>*MUST BE A SUN BAE FINANCIAL MEMBER</i>	\$15	FREE	FREE



AUSTRALIAN KUMDO SOCIETY



SUN BAE KUMDO



TAEKWONDO - HAPKIDO - KUMDO

FOR MORE INFORMATION

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SUN BAE KOREAN MARTIAL ARTS

COMMON QUESTIONS

DOES SUN BAE KUMDO CONDUCT CLASSES OVER SCHOOL HOLIDAYS?

No, enjoy your break.

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 and sword practice is quite easy compared to Taekwondo. You will be quite comfortable and not feel out of place. Advanced students are also very helpful & understanding with beginners.

WHAT IF I HAVE PREVIOUS KUMDO 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. Nonetheless, the choice can be decided together with your coach. If you did start from white belt and you perform well at the grading tests, there is the possibility of being double promoted.

WHAT DO I WEAR?

During your free tryout period, wear loose clothing – we will provide a white belt (necessary to hang your sword). Once you have decided to join, we will arrange your uniform.

DO I HAVE TO BOOK?

Yes. We need to ensure there is space at the centre and provide you with some practice gear. Nonetheless, 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).

WHAT IS THE YOUNGEST AGE FOR CHILDREN?

Firstly, we have separate classes for sparring. Sparring classes do not involve grading tests. In this class we can accept from age 8+. For the normal Kumdo class (technical) where you get to grade, we accept from age 12+.

HOW MANY CLASSES PER WEEK SHOULD I ATTEND?

You should attend every week at least one technical class and one sparring class. When you get your own gear, you will be able to practice at home whenever you like as well. Kumdo is well designed for self –practice which will allow your body to improve the necessary *"muscle memory"*.

CAN I TRAIN WITH MY CHILDREN?

Yes.

WHAT IS THE DIFFERENCE BETWEEN TAEKWONDO, HAPKIDO & KUMDO?

All these arts originate from Korea. Taekwondo focuses on kicking and striking techniques, utilising fast moving stances. It is very powerful and very fast – hand to hand combat. Hapkido focuses on close-in hand techniques, utilising throwing, pinning, traps, take-downs and joint manipulation and some weapons are also practiced. Kumdo is the art of fighting with a two handed sword – not for street use of course.

I JUST WANT TO DO THE KUMDO SPARRING CLASS... I AM NOT REALLY INTERESTED IN THE TECHNICAL CLASS?

That's okay. Sparring classes are designed purely for sport and competition. It is great for kids or even casual members. But if you truly wish to learn the art of Korean sword, you must attend the technical class. You will learn how to take your sword out (a dangerous proposition to the unknowing) and be able to put it back (without looking down). You will learn how to create an edge in your swing that can carve through most targets –something you don't get to learn with a bamboo or foam sword). You will be allowed to wear a uniform and grade. You will still be allowed to learn sparring of course. And once you have graded high enough, you will be allowed to practice live cutting with a real sword. If you are interested in the culture of the martial art, you will not choose just the sparring class.

HOW LONG DOES IT TAKE TO GET MY FIRST BLACK BELT?

3-5 years depending upon your class attendance and how much extra practice you do at home. Kumdo is a much easier art form to attain black belt than Taekwondo or Hapkido. And there are no restrictions with age limiting your progress due to inflexibility or lack of speed, etc. Kumdo is for all ages.

WILL SUN BAE CLASSES SUIT ME?

Yes! Previous experience, fitness or flexibility is not required. Sun Bae classes are designed for men and women from age 8+. Classes are social, enjoyable and ideal for couples and families. Techniques are easy to learn and you can progress at your own pace.

HOW WILL I BENEFIT?

Physically, mentally and socially. Kumdo classes are culturally rewarding as well. We will help reduce stress, increase body tone, core strength 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.

IS IT POSSIBLE TO BE INJURED?

There is the possibility of injury in any sport or martial art. Sun Bae Instructors will do their very best though to prevent potential scenarios. Safety is a primary concern, which is why sparring is always conducted with protective gear and soft foam swords. Live cutting is an optional event and only students who have been assessed may participate.

DO YOU PROVIDE INSURANCES?

Sun Bae holds public liability insurance which covers all members. But individual members must seek their own personal hospital and health insurance.

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 all Korean arts Taekwondo, Hapkido and Kumdo and lives locally. This allows all Sun Bae Instructors to train regularly (even you) under his helpful yet watchful eye.

IS IT COSTLY?

We like to think not. We do know that Kumdo at Sun Bae is definitely more affordable when compared with other sports available. If you are already an existing Taekwondo & Hapkido financial member, it is even cheaper. You will have to outlay for gear though, but we have arranged some nice discounts for all Sun Bae students. Sun Bae is club orientated, so there are no nasty annual contracts. You will simply pay for your training fee per term.

CAN I GET MY OWN SWORD?

Yes. You will start with a wooden sword (including sheath). You can then get a steel sword (blunt) next. When you are high enough in rank, you can get your own cutting sword – we can arrange it for you from a reputable Korean swordsmith.

CAN I PLEASE HAVE A TRYOUT?

Yes! Your first tryout is not charged. Our term fees are calculated pro rata after that. And you can hire gear for a short period, if you're not sure yet. We want you to be sure about our classes and enjoy the society of Sun Bae Kumdo. To find out more 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. It is an easy step to go to online and *Register*. And for ease, payments are all made online.



FOR MORE INFORMATION
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