

AFTER SCHOOL CLASSES

Sun Bae has classes after school specially for children from **age 5**. The classes introduce children to basic self defence training including stranger danger and street safe awareness as well as Taekwondo and Hapkido skills.

Classes are designed to be enjoyable and are taught with discipline and strictness. *Sun Bae* helps develop your child's integrity and character by encouraging confidence, courage, perseverance, courtesy and respect not only inside but also outside the training hall.



Classes usually commence at either 3:30, 5:00, 5.30 or 6:30pm. Week-end, day and school holiday classes are also available. Students may attend any number of classes each week.

DAY & EVENING CLASSES

Sun Bae day and evening classes are for both men and women from **ages 13 to 55+**. Classes start with an aerobic warm-up and Taekwondo specific stretching techniques before learning Taekwondo and self-defence skills. You can progress at your own pace. No previous experience, fitness, or flexibility is necessary. Classes are great for friends, families and couples.

ADVANCED CLASSES

If you are already a Taekwondo black belt you are eligible to retain your ranking when you join. Weekly black belt only classes are conducted by the Master Instructor including advanced **Taekwondo, Hapkido and weapons**. There are regular Taekwondo (**Dan**) and Hapkido (**Gup & Dan**) gradings for black belt as well as Olympic recognised level, state and national tournaments. An Instructor's course is also available.

SUN BAE CLUB DIRECTORY

2 WEEKS FREE

MASTER INSTRUCTOR BRADLEY TATNELL

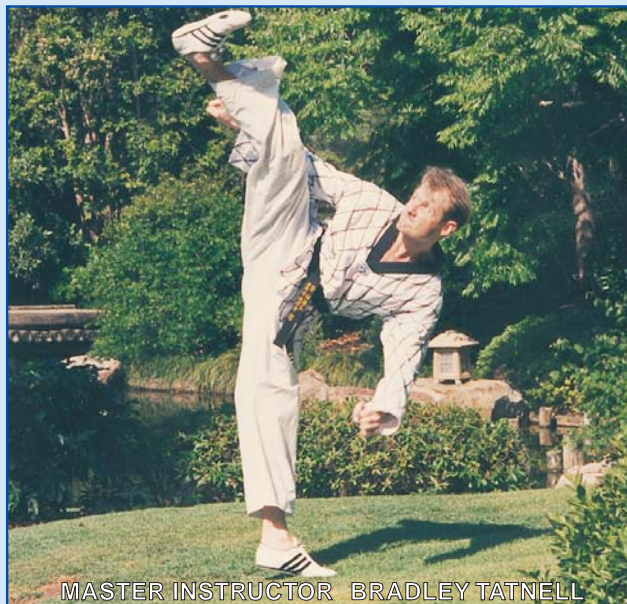
Head Office (07) 3368 3390

Mobile 0414 574 574

Website: www.sunbae.net

OTHER AREAS

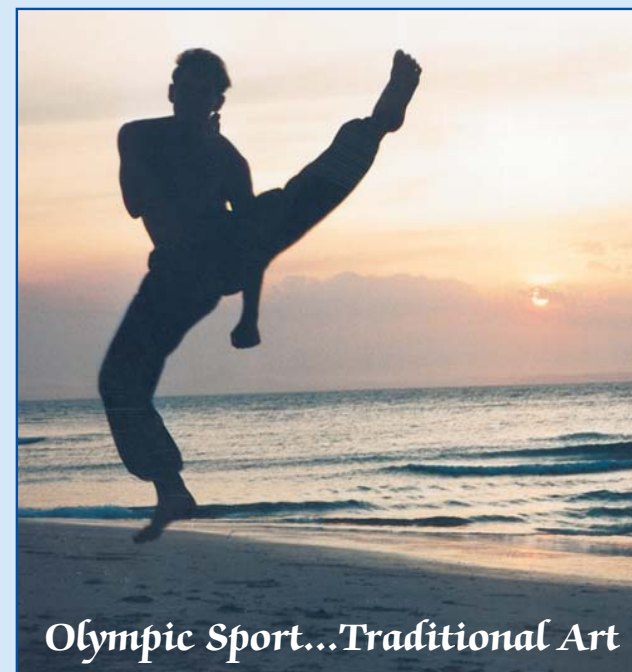
BRISBANE • GOLD COAST • LOGAN • SUNSHINE COAST
(New clubs opening regularly)



MASTER INSTRUCTOR BRADLEY TATNELL



A Member of the World Taekwondo Federation & The Korea Hapkido Federation



Olympic Sport...Traditional Art

Phone (07) 3368 3390 First lesson free!

- Self defence & Taekwondo skills
- Hapkido skills and weapons
- Good health • Stress release
- Confidence • Discipline • Respect
- Easy to learn techniques that work!
- Men • Women • Children of all ages

www.sunbae.net



Olympic Sport



Sun Bae Instructors...In Action!



Ladies Self Defence



WHAT ARE TAEKWONDO & HAPKIDO?

Taekwondo and Hapkido originated in Korea over 2000 years ago as a form of unarmed combat and was first practiced by the military in the event of invasion from neighbouring countries.

Today, Taekwondo and Hapkido have been refined to an effective form of self defence utilising hand and foot combinations to evade or unsettle any attacker. Taekwondo is well known for powerful kicking techniques. Hapkido is well known for close hand techniques, including throwing, joint locks, holds and ground pinning. Taekwondo alone represents a traditional martial art and a modern sport practiced by 50 million people in over 150 countries.

WILL SUN BAE SUIT ME?

Yes! Previous experience, fitness or flexibility are *not* required. Sun Bae classes are designed for men, women and children of all ages. There are separate classes for children, adults and advanced students. Classes are social, enjoyable and are ideal for couples and families. Techniques are easy to learn.

HOW WILL I BENEFIT?

PHYSICALLY

- Taekwondo & Hapkido skills
- Aerobic fitness & self defence
- Body tone & strength
- Good health & stress release
- Co-ordination and flexibility
- Excel in other sports

MENTALLY

- Street safe awareness
- Concentration & control
- Courtesy & respect
- Discipline
- Confidence & perseverance
- Academic improvement

HOW DO I JOIN?

Call us ... we'll let you know which club has the best class for you. Your first lesson is **FREE** (no obligations) and you're welcome to bring any of your family or friends to tryout with you. Classes are fun and techniques are easy to learn. There are clubs throughout the Brisbane, Gold Coast and the North Coast area for you to train at.

FIRST LESSON FREE...Phone 3368 3390 All Hours

WORLD TAEKWONDO FEDERATION (WTF)

The progress of Taekwondo is regulated from **Kukkiwon** (World TKD Headquarters) in Korea by **WTF** and in Australia by **Taekwondo Australia**. WTF has membership of over 150 countries with 50 million students and is the only Taekwondo body officially recognised by the Olympics and the Australian government.

WTF ensures that your Instructors are properly trained and accredited with the government sponsored Taekwondo specific sports trainer course (NCAS) which is conducted by the National Coaching Council.

Students grading to a new rank receive an internationally recognised certificate (Kukkiwon).

OLYMPICS AND TOURNAMENTS

Taekwondo appeared in the 1988 and 1992 Olympics as a demonstration sport. Sydney 2000 marks the commencement of Taekwondo as a full Olympic sport. Only WTF students may compete as WTF is the **only** Taekwondo body recognised by the Olympic Committee.

All Sun Bae students are eligible for **Local, State, National** and even **Olympic** selection. There are additional competitions for ages 6 to 17 years and for over 35 years old. All tournaments make use of protective

WHO WILL TEACH ME?

Sun Bae's **Master Instructor, Bradley Tatnell**, offers over twenty years of martial arts experience specialising in Taekwondo, Hapkido and self defence. Instructors are highly trained black belts who have:

- Completed the (Taekwondo specific) National Coaching Accreditation Scheme (NCAS) conducted by the Australian Coaching Council as a Level One Sports Trainer.
- Completed National Referee Course.
- Completed Sun Bae Instructors program.

PREVIOUS TAEKWONDO EXPERIENCE?

If you have previous Taekwondo experience, you are eligible to join Sun Bae and your previous belt ranking is usually retained subject to Kukkiwon approval. If you are a black belt, you will also be eligible to attend Advanced classes (see over) and eventually apply to attend the Instructor's course to become an Instructor.