

## Training

Our scheduled training sessions are shown at <https://www.hongstk.com.au/sessions.html>  
I would suggest that anyone who has wants to enter competitions should look at their training schedule and consult with your head instructor regarding the level of training and fitness that is required. Remember that we train throughout the year including over school holidays except for public holidays. We do not train on public holidays. We close for a month over the Christmas/New Year period.

## Upcoming Events

Upcoming events planned by Taekwondo Australia are published at <https://austkd.com.au/event-information-centre/> or on <https://www.atnsw.com.au/events/> for state organized events. Please note that should anyone wish to participate in any competition they will need to be authorized by your head coach, register to the Rapid Signup web site and be a member of Australian Taekwondo. People wishing to participate in competitions should contact your coach in the first instance.

## Grading

We hold gradings for our athletes four times a year. You (or your child) will need to attend the Grading in order to progress to the next level. Attendance is part of the assessment so please do not expect that you can grade if you do not attend the grading day.

The last grading day for 2024 will be 1 Dec 2024 at the Glenwood Community Hub.

For 2025 we have scheduled the following dates:

- Sunday 16 Mar 2025 – Court 1 Blacktown Leisure Center, Stanhope
- Sunday 22 Jun 2025 – Court 1 Blacktown Leisure Center, Stanhope
- Sunday 21 Sep 2025 – Court 1 Blacktown Leisure Center, Stanhope
- Sunday 30 Nov 2025 – Court 1 Blacktown Leisure Center, Stanhope

Athletes participating in Grading are required to wear full uniform (no T-shirts or training shirts).

Details of grading will be handed out to those selected to grade during training sessions in the weeks before the grading date.

## Uniforms and Equipment

People wishing to purchase **uniforms** should speak to your coach. Master Hong provides quality uniforms and is very conscious of how fast children grow. Uniforms are required for training, competitions and grading.

Taekwondo **shoes** are a preferred option, however children grow quickly and this could make them an expensive option. Quality shoes (e.g. Adidas) can cost upwards of \$70 for children however there are shoes (quality unknown) available on the internet for \$40-60. Should you wish to purchase shoes then we can suggest where you can buy them. If you choose not to purchase Taekwondo shoes then you should ensure that shoes used for training are not rigid, are light, and have a soft, non-slip sole. Note that competition is performed barefoot and if training is conducted on mats then shoes are not worn. For most people **protective gear** is optional, however for advanced training arm guards and shin guards are advisable. Unless you intend to enter competitions chest guards, groin guards, gloves, foot socks and

head guards will not normally be required. All this equipment should be World Taekwondo Federation (WTF or WT) approved.

Your coach will be able to assist and advise in the purchase of protective gear and shoes. Alternatively, you can purchase these items at one of the martial arts shops in Sydney. If you do so make sure that the equipment is designed for Taekwondo and preferably WT approved.

## **Competitions**

Competitions can provide some of the best training and experience available, however they can be a two edged sword and you can find yourself regretting ever thinking about competing if you are not prepared and at a sufficient level of competence. Competitions can be unforgiving if you don't have the correct level of training.

Persons wishing to enter competitions must attend the advanced training classes regularly and have the authorization of your senior coach. Please do not register for a competition before you have spoken to your coach.