

## PARENT-RUN, EXTRACURRICULAR SPORT PROGRAM NORTH SYDNEY BOYS HIGH SCHOOL FALCON TAEKWONDO

Learn self-defence in a friendly environment.



Taekwondo is a Korean martial art and an Olympic sport. It is a great activity to increase strength and fitness and it helps to build confidence, focus and a sense of empowerment.

Chungdo Taekwondo has been operating on Sydney's Lower North Shore and Northern Beaches since 1974. Training is done in conjunction with the North Sydney Girls Taekwondo team.

**Time:** Monday all terms.

3.30 - 5pm Beginners (white belts) and yellow belts

Tuesday all terms

3.30pm - 4.30pm Yellow belt and above 4.30pm - 5.30pm Competition Team

Location: North Sydney Girls Gym

**Costs:** \$110 per term, \$55 for term grading until black belt.

Competition entry fees extra.

Equipment: NSB embroidered Taekwondo uniform, arm and shin guards \$90

Register: bit.ly/chungdonsb



Email zichuan@chungdotkd.com.au

## **REGISTRATION FORM**

(Please complete in block letters)

Note: online registrations preferred: <u>bit.ly/chungdonsb</u> (all lower case)

School Year (in 2019)
7 8 9 10 11 12
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t already has these.

## PARENTS/GUARDIANS' DETAILS

Father's first name	Family Name		Mother's first name		Family Name
Phone – Home	Work	Mobile	Ema		
Does your son have any medical conditions or concerns? If Yes, please specify:			Yes	١	No

## Once this form is completed and returned we will send an invoice for:

- 1: \$10 (per year) Falcon Sport registration fee and Sport insurance. (\$10 is not refundable) Required by the school and contributes to 2 year and 5 year badges
- 2: Training fee \$110 per term includes our general public lessons too.

Timetable available at www.chungdotkd.com.au/taekwondoclasses

3. New students: \$90 for uniform, arm guards and shin guards (discounted from \$120)

Signature	Date	1	1