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GAUTENG REGION: PROGRAMS AND MEMBERSHIPS FOR 2024

1. **BEGINNER PROGRAMMES**

- **Basic Martial Arts Programs for Ages 5-7**

Our children's class for ages 5-7 focuses on developing self-control, respect for others, and a positive attitude while teaching the basic techniques of the martial arts. Self-defense training is an important part of this class, with a focus on general child safety skills. Kids love it!

- **Martial Arts Programs for Ages 8-14**

The children's classes for ages 8-14 is geared toward providing a fun martial arts curriculum for beginners while instilling the positive, life-changing benefits of the Korean martial arts traditions, which comprises:

- respect for others, self-confidence, courtesy, obedience, humility, perseverance, honesty, integrity, and self-control. This class emphasizes goal-setting and positive reinforcement of success habits whilst teaching children how to stay safe and avoid violent confrontations. Tons of fun!

The Martial Arts Program for Teens is designed to be a complete approach to training in the martial arts for teens. The main focus of the training in this class is on the exciting aspects of martial arts such as the development of kicking and punching skills, including acrobatic techniques that we have all seen on TV and in the movies, teens are never bored with the classes! Teens that enter this class learn focus and respect while building self-confidence and developing a positive mental attitude. Martial Arts for Teens is a great self-esteem builder as well!

- **Martial Arts Programs – Adults**

This program for adults comprises the basic punching, kicking, and self-defense techniques of the Korean Hapki-Do and Taekwondo martial arts. This program is geared specifically toward meet the development of martial arts skills for adults.

The primary focus of the program shall be on overall improvement to fitness, strength & flexibility with the added benefit of learning basic to advanced self-defense skills. There will be noticeable improvement to your focus, memory & concentration which will sharpen, along with your ability to respond appropriately to a particular situation.



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2. ADVANCED PROGRAMS

- **Traditional Black Belt Training Program for Children, Teens, and Adults**

The Black Belt Training Program is for the serious and dedicated martial arts student that has set a long-term goal of earning their Black Belt, in Taekwondo or Hapkido. Students opting for the Black Belt Training Program will develop their learning through a traditional belt grading and recognition system.

Training shall take place through a phased approach, where students shall be trained to develop their fitness and skills to satisfy the requirements of each individual belt level. Promotion to subsequent higher-level belts shall be through demonstration of the above at formal grading sessions, where the student shall be assessed for competency by senior blackbelt instructors.

The curriculum for each belt-level shall include traditional hand and weapon patterns, self-defense and free-sparring techniques.

This class is definitely for the student that desires to go all the way to achieve their black-belt, and beyond. (Classes will be separated for children and adults).

Breakdown of the Belt Levels for Taekwon-do and Hapki-do

Students are trained and then graded for competency and promotion through the following belt grading system:

BELT GRADING SYSTEM		
Belt Level	Taekwon-Do Belts:	Hapki-Do Belts:
1	White	White
2	Yellow	Yellow
3	Yellow-green stripe	Yellow-green stripe
4	Green	Green
5	Green-blue stripe	Green-blue stripe
6	Blue	Blue
7	Blue-red stripe	Blue-brown stripe
8	Red	Brown
9	Red-black stripe	Red-black stripe
10	Black belt (1 st Dan)	Black belt (1 st Dan)

- **White Belt / Beginners Classes**

Beginner students are taught basic self-defense skills. This includes technique for basic punches, blocks, kicks and a basic traditional hand pattern.



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- **Yellow and Higher Belts**

Emphasis is placed on further developing the basic skills towards progressively learning advanced techniques and forms. New techniques and patterns are added at each belt level as students develop their skillsets.

The above curriculum for Taekwon-do focuses on traditional forms (patterns), kicks, punches and blocks for competition and sports, Hapki-Do on the other hand is focused more on self-defence and includes grapples, weapons (short stick, nun-chucks, long-staff and sword) technique and alternate patterns.

- All Instructors at our Dojang are Black Belts, with the exception for classes for children/ beginners, where we may also use competent coloured belts. Our Instructors have vast experience and have also participated in competitions where our club-members have performed excellently, by winning at prestigious tournaments such as:
 - SA Nationals- South African Korean Martial Arts Federation (SAKMAA)
 - Arnold Classic Gauteng Tournament
 - Global Taekwondo Federation (GTF) World Championships.
- It is important to understand that to have your belt grading certification accredited we must maintain our affiliation to recognized martial arts federations which legitimises the qualification-level and recognition of your grading-certificate worldwide.

We are affiliated to the following accredited institutions:



Global Taekwon-do Federation



World Hapkido Martial Arts Federation



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OUR PHILOSOPHY

Taekwon-Do and Hapki-Do are traditional Korean martial arts. The term Tae Kwon Do (foot-hand-way) literally means "the way of the foot and hand" or "the art of kicking and punching". Hap Ki Do means "the way of harmony."

- **Taekwon-Do**

Our Taekwon-Do affiliation is to the Global Taekwondo Federation (GTF) and this martial art is widely known for its spectacular high kicks and powerful punches.

Students will also learn Olympic style sparring (not included in Fitness Classes) and Global Taekwon Do Federation (GTF) patterns that will allow you to participate in tournaments and competitions internationally.

- **Hapki-Do**

Our Hapki-Do affiliation is with the World Hapki-Do Marts Arts Federation (WHMAF), based in Seoul Korea. Hapki-Do uses the same kicks and punches with addition of grapples (wrist/ arm locks), throws and weapons technique.

You will discover that both of the above styles are an integrated and complete system for self-defense and personal improvement.

More importantly, you'll find that your martial arts program helps you to develop patience, leadership skills, self-control, perseverance, humility and respect. The combination of physical skill and mental discipline leads to self-confidence, a true sense of personal capability and a positive, peaceful outlook on life.

As we are a traditional Dojang, students at yellow-belt and higher- levels are required to wear uniforms (Dobok) during class. Beginner and fitness students and casual attendees may attend classes without the traditional uniforms. We can supply Dobok's and other supplementary equipment, at a separate cost.



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- **Belt Gradings for promotion to next belt**

Belt testing is conducted when the Instructor determines that the students are ready for evaluation (through a formal grading process). Students are expected to attend sufficient number of classes to have gained the necessary experience to perform the belt test.

Grading dates are timeously announced by the club and students are expected to perform satisfactorily to satisfy the requirements during their grading performance. In order to be promoted, students need to demonstrate the following:

- Satisfying the Instructor of the physical fitness requirements for the belt level
- Proficiency in hand and kicking techniques expected for the belt level.
- Proficiency in the pattern/ and or weapons (Hapki-Do) for the current belt level and all previous forms.

Certificates are issued to all students who have successfully passed their Belt Tests.

**** All certificates are Internationally Recognized if Federation fees are up-to date ****

Program Financing – We have several payment options available to you.

- (1) Full annual upfront payment. Students that choose to pay for their entire course upon enrollment will receive 10% off the total financed tuition for their program.)
- (2) You may choose to pay monthly via EFT on the first of each month. Payment is monthly in advance.

Banking Details:

Account Name:

H. Wilkinson Capitec Branch code 470010

Account number:

1670028494

For Reference – please use your name. Thank you.



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Family Discounts:

- 1st family member- Regular rate
- 2nd family member- 20% off Regular rate 3rd family member- 30% off regular rate 4th family member- 40% off regular rate

Any additional family members that join after the 4th family member train for free!

Please note that *all* family members must be training *concurrently* to receive family discounts.

Martial Arts Program Fees & Payment Options

FEE STRUCTURE				
Program	Classes	Global Federation Membership per annum	Fee	Discount if paid Once off Annually
Basic Martial Arts Programs for Ages 5-7	2 Classes per week Tuesdays 16h30 - 17h30 and Thursdays 16h30 - 17h30	R650 once off per annum	R550.00 per month	10% discount
Martial Arts Programs for Ages 8-14	2 Classes per week Tuesdays 16h30 - 17h30 and Thursdays 16h30 - 17h30	R650 once off per annum	R550.00 per month	10% discount
Martial Arts Programs – Business Class –	2 Classes per week Tuesdays 17h30 - 19h00 and Thursdays 17h30 - 19h00	R650 once off per annum	R700.00 per month	10% discount
Black Belt Training Program for Children, Teens, and Adults -	As per Arrangement	R650 once off per annum	R1000.00 per month	10% discount
Ladies' self-defence training	As per Arrangement	Not Applicable	R250.00 per class if more than 4 students R150.00 per class	
An anti-bullying self-defence class	As per Arrangement	Not Applicable	R250.00 per class if more than 4 students R150.00 per class	



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Martial Arts Masters Academy Membership Agreement (SA Taekwon-Do - Hapki-Do Federation South Africa)

New Member () Revision () Renewal ()

Student's Name & Surname: _____ Age: _____ D.O.B.: DD/MM/YYYY

Purchaser's Name: _____ Relation to Student: _____

E-Mail Address: _____ Cell: _____

Tel Home: () _____ Tel Work: () _____

It is agreed between the above named student, and his/her parent if applicable, hereafter referred to as "Student", and Martial Arts Masters Academy, hereafter referred to as "School", that the Student will take a course of _____ group lessons per week, for a period of _____ months, at a tuition rate of R_____ per month, for a total tuition cost of R_____.

Payments are due and payable on the 1st day of every month, in advance. School agrees to always provide Student with a competent and qualified instructor, but is under no obligation to provide any specific instructor.

Liability Waiver:

Student hereby represents that he/she is physically fit to take the prescribed course of instruction, that he/she has had an opportunity to observe and/or participate in the art of self-defense prior to the signing of this agreement and that no oral or written representations have been made to him/her except as expressly written in this agreement.

Student further acknowledges the existence for the potential of personal injury as a result of participating in an activity such as, Taekwon-Do, HapKi-Do, Taekwon-Do Fitness Classes, Self-Defense, Weapons Training, Personal Training, etc., and that he/ she is assuming this risk without liability to School or instructors by executing this agreement and participating in said course of instruction. The student hereby waives all claims against any person(s) connected with our martial arts academy for any personal injuries, property damage, or death sustained as a result of attending any martial arts or fitness program.

Students and parents, if applicable, agree to abide by the rules and regulations of the School. It is understood that failure to do so may result in the Student's expulsion.

The undersigned student agrees to pay the Total Investment designated above, including any collection charges and/or legal fees, at the School's office or that of its assignee. This account may be assigned to a third party billing and collections agency for monthly billing and collection services. If so assigned, all monthly tuition payments should be made directly to the place they designate.

Student understands that time is of the essence in this agreement. *Failure to take advantage of classes offered does not relieve the Student of his/her obligation to pay his/her course in full. Student is obligated to make all payments whether or not he/she attends class.* All lessons are subject to schedules to be established by the School from time to time.

Student must notify the School in writing within ten (10) working days of any change of address and/or telephone number.

LATE CHARGES: In the event Student fails to make payment of any installment within one (7) days of its due date, School or its assignee may collect a reasonable late charge, in addition to any non-sufficient funds charges for returned monies. In the event that Student fails to communicate with School for a period of forty-five (45) days after failure to pay any installment due, School may demand the entire balance due on his/her account. School may also collect reasonable costs of collection. In the event that the School or its assignee prevails in any action to enforce the terms and provisions of this agreement, student agrees to pay reasonable attorney's fees and actual court costs.

Student has read and understands all the contractual terms set forth in this agreement.

Dated this: _____ day of _____, 20____, at _____, South Africa.

Agreement accepted by:

Martial Arts Masters Academy - SA Taekwon-Do - Hapki-Do Federation South Africa

Student or Purchaser

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