



KOGARAH

James Cook Boys Technology High School, 800 Princes Hwy, Kogarah NSW 2217
 (Parking off Princes Hwy, training in the main assembly hall - next to the field)
 info@sgmaa.com.au | 1800 13 15 17 | sgmaa.com.au



REGISTERED WITH KUKKIWON
WORLD TAEKWONDO HEADQUARTERS

MONDAY		
Stage	Court 1	Court 2
NINJAS 4.30-5.00pm	JUNIORS White to Orange 4.30-5.30pm	JUNIORS Green to Purple 4.30-5.30pm
NINJAS 5.00-5.30pm		
NINJAS 5.30-6.00pm	JUNIORS Brown to Black 5.30-6.30pm	TEENS/ADULTS All Belt Levels 5.30-6.30pm
NINJAS 6.00-6.30pm		
NINJAS 6.30-7.00pm	JUNIORS All Belt Levels 6.30-7.30pm	TEENS/ADULTS All Belt Levels 6.30-7.30pm
NINJAS 7.00-7.30pm		

WEDNESDAY		
Main Stage	Court 1	Court 2
NINJAS 4.30-5.00pm	JUNIORS White to Orange 4.30-5.30pm	JUNIORS Green to Purple 4.30-5.30pm
NINJAS 5.00-5.30pm		
NINJAS 5.30-6.00pm	JUNIORS Brown to Black 5.30-6.30pm	TEENS/ADULTS All Belt Levels 5.30-6.30pm
NINJAS 6.00-6.30pm		
NINJAS 6.30-7.00pm	JUNIORS All Belt Levels 6.30-7.30pm	TEENS/ADULTS All Belt Levels 6.30-7.30pm
NINJAS 7.00-7.30pm		

FRIDAY		
Main Stage	Court 1	Court 2
NINJAS 4.30-5.00pm	JUNIORS White to Orange 4.30-5.30pm	JUNIORS Green to Purple 4.30-5.30pm
NINJAS 5.00-5.30pm		
NINJAS 5.30-6.00pm	JUNIORS Brown to Black 5.30-6.30pm	BLACK BELT ELITE *Invitation Only 5.30-6.30pm
NINJAS 6.00-6.30pm		
NINJAS 6.30-7.00pm	JUNIORS All Belt Levels 6.30-7.30pm	TEENS/ADULTS All Belt Levels 6.30-7.30pm
NINJAS 7.00-7.30pm		

SATURDAY		
Main Stage	Court 1	Court 2
NINJAS 10.00-10.30am	JUNIORS White to Orange 10.00-11.00am	TEENS/ADULTS All Belt Levels 10.00-11.00am
NINJAS 10.30-11.00am		
NINJAS 11.00-11.30pm	JUNIORS Green to Purple 11.00-12.00pm	TEENS/ADULTS All Belt Levels 11.00-12.00pm
NINJAS 11.30-12.00pm		
NINJAS 12.00-12.30pm	JUNIORS Brown to Black 12.00-1.00pm	BLACK BELT ELITE *Invitation Only 12.00-1.00pm
NINJAS 12.30-1.00pm		

NINJAS	JUNIORS	TEENS/ADULTS	BLACK BELT ELITE
3 to 7 years	8 to 12 years	13+ years	Invitation Only

BLACK BELT ELITE PROGRAM

Students are selected to join this program based on their overall performance in classes and at gradings. Students must be green belt and above to be eligible for invitation. This upgrade class attracts an additional membership fee of \$20/week per student in addition to the standard SGMAA membership and runs twice weekly exclusively at our Kogarah branch. Students that are accepted into our BBE Program will need to purchase the Black Belt Elite dobok (uniform) which is available for \$120 additional BBE uniforms are also available for sale should students in this program wish to purchase another uniform.

UNLIMITED CLASSES

All students of SGMAA are permitted to train and attend all available classes on the timetable for their belt level and age group. In addition, all students of SGMAA are permitted to attend both Kogarah and Kingsgrove locations as much as they like. This means students of SGMAA can train up to 6 days per week if they wish to, for the one low weekly membership fee. When we say 'UNLIMITED CLASSES' we mean just that!



KINGSGROVE

Kingsgrove Community Centre, 30 Morgan Street, Kingsgrove NSW 2208
 (Parking available at the front of the premises)
 info@sgmaa.com.au | 1800 13 15 17 | sgmaa.com.au



REGISTERED WITH KUKKIWON
WORLD TAEKWONDO HEADQUARTERS

TUESDAY		
Court 1	Court 2	
NINJAS 5.00-5.30pm		
NINJAS 5.30-6.00pm		
NINJAS 6.00-6.30pm	JUNIORS All Belt Levels 6.00-7.00pm	TEENS/ADULTS All Belt Levels 6.00-7.00pm
NINJAS 6.30-7.00pm		
	JUNIORS All Belt Levels 7.00-8.00pm	TEENS/ADULTS All Belt Levels 7.00-8.00pm

THURSDAY		
Court 1	Court 2	
NINJAS 5.00-5.30pm		
NINJAS 5.30-6.00pm		
NINJAS 6.00-6.30pm	JUNIORS All Belt Levels 6.00-7.00pm	TEENS/ADULTS All Belt Levels 6.00-7.00pm
NINJAS 6.30-7.00pm		
	JUNIORS All Belt Levels 7.00-8.00pm	TEENS/ADULTS All Belt Levels 7.00-8.00pm

NINJAS	JUNIORS	TEENS/ADULTS
3 to 7 years	8 to 12 years	13+ years

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