

KOGARAH

Operating in the main hall at:
James Cook Boys Technology High School
800 Princes Highway, Kogarah NSW 2017
Email: memberships@sgmaa.com.au
Online: sgmaa.com.au/timetable

SGMAA
INDOMITABLE SPIRIT

태권도



MONDAY

SAMURAI ALL BELT LEVELS 4.30-5.30pm	NINJA ALL BELT LEVELS 4.30-5.30pm	JUNIORS + SENIORS ALL BELT LEVELS 4.30-5.30pm	
SAMURAI ALL BELT LEVELS 5.30-6.30pm	NINJA ALL BELT LEVELS 5.30-6.30pm	JUNIORS + SENIORS ALL BELT LEVELS 5.30-6.30pm	BLACK BELT ELITE JUNIORS + SENIORS 5.30-6.30pm
SAMURAI ALL BELT LEVELS 6.30-7.30pm	NINJA ALL BELT LEVELS 6.30-7.30pm	JUNIORS + SENIORS ALL BELT LEVELS 6.30-7.30pm	

WEDNESDAY

SAMURAI ALL BELT LEVELS 4.30-5.30pm	NINJA ALL BELT LEVELS 4.30-5.30pm	JUNIORS + SENIORS ALL BELT LEVELS 4.30-5.30pm	
SAMURAI ALL BELT LEVELS 5.30-6.30pm	NINJA ALL BELT LEVELS 5.30-6.30pm	JUNIORS + SENIORS ALL BELT LEVELS 5.30-6.30pm	BLACK BELT ELITE JUNIORS + SENIORS 5.30-6.30pm
SAMURAI ALL BELT LEVELS 6.30-7.30pm	NINJA ALL BELT LEVELS 6.30-7.30pm	JUNIORS + SENIORS ALL BELT LEVELS 6.30-7.30pm	FIGHTING FIIT™ 13YRS+ 6.30-7.30pm

FRIDAY

SAMURAI ALL BELT LEVELS 4.30-5.30pm	NINJA ALL BELT LEVELS 4.30-5.30pm	JUNIORS ALL BELT LEVELS 4.30-5.30pm	
SAMURAI ALL BELT LEVELS 5.30-6.30pm	NINJA ALL BELT LEVELS 5.30-6.30pm	JUNIORS + SENIORS ALL BELT LEVELS 5.30-6.30pm	BLACK BELT ELITE JUNIORS + SENIORS 5.30-6.30pm
SAMURAI ALL BELT LEVELS 6.30-7.30pm	NINJA ALL BELT LEVELS 6.30-7.30pm	JUNIORS + SENIORS ALL BELT LEVELS 6.30-7.30pm	FIGHTING FIIT™ 13YRS+ 6.30-7.30pm
OPEN MAT ALL BELT LEVELS 7.30-8.30pm		OLYMPIC TAEKWONDO ALL LEVELS 7.30-8.30pm	

SATURDAY

SAMURAI ALL BELT LEVELS 10.00-11.00am	NINJA ALL BELT LEVELS 10.00-11.00am	JUNIORS + SENIORS ALL BELT LEVELS 10.00-11.00am	OLYMPIC TAEKWONDO BEGINNER LEVELS 10.00-12.00pm
SAMURAI ALL BELT LEVELS 11.00-12.00pm	NINJA ALL BELT LEVELS 11.00-12.00pm	JUNIORS + SENIORS ALL BELT LEVELS 11.00-12.00pm	

UNLIMITED CLASSES

Students of SGMAA have the option to train in all classes listed on the timetable for their specific belt level and age group. In addition, students have the option to attend both Kogarah and Kingsgrove branches and train in as many classes as they choose. This means students can train up to 6 days per week at both SGMAA branches for the one low weekly membership fee!

KINGSGROVE

Operating in the main hall at:
Kingsgrove North High School
Enter via Kingsgrove Road, Kingsgrove NSW 2208
Email: memberships@sgmaa.com.au
Online: sgmaa.com.au/timetable



TUESDAY

SAMURAI ALL BELT LEVELS 5.00-6.00pm	NINJAS ALL BELT LEVELS 5.00-6.00pm	BLACK BELT ELITE JUNIORS + SENIORS 5.00-6.00pm	JUNIORS + SENIORS ALL LEVELS 5.00-6.00pm
SAMURAI ALL BELT LEVELS 6.00-7.00pm	NINJAS ALL BELT LEVELS 6.00-7.00pm	JUNIORS + SENIORS ALL LEVELS 6.00-7.00pm	

THURSDAY

SAMURAI ALL BELT LEVELS 5.00-6.00pm	NINJAS ALL BELT LEVELS 5.00-6.00pm	BLACK BELT ELITE JUNIORS + SENIORS 5.00-6.00pm	JUNIORS + SENIORS ALL LEVELS 5.00-6.00pm
SAMURAI ALL BELT LEVELS 6.00-7.00pm	NINJAS ALL BELT LEVELS 6.00-7.00pm	JUNIORS + SENIORS ALL LEVELS 6.00-7.00pm	

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AGE SPECIFIC PROGRAMS

SGMAA offer a program for everyone – starting from as young as 3 years of age! Our programs have been adapted to meet the specific age requirements of our students ensuring they grow and develop in a safe and controlled environment. Training with students of the same age group helps to build confidence and cultivate friendships, whilst learning important life-changing skills!

SAMURAI 3-4 YEARS <i>Little ones start their Martial Arts journey by developing fine and gross motor skills, learning to explore themselves and the world around them in a safe format.</i>	NINJAS 5-8 YEARS <i>Introducing the young Martial Artist to the official SGMAA syllabus, further developing student confidence and discipline through goal setting.</i>	JUNIORS 9-12 YEARS <i>Graduating from our Ninjas program, and setting these young warriors on the path to Black Belt with a program that is both fun and developmental.</i>	SENIORS 13+ YEARS <i>Seniors learn to live the Martial Arts lifestyle with a comprehensive program designed to challenge each student regardless of their skill level or age.</i>
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PROUDLY CERTIFIED & AFFILIATED

St. George Martial Arts Academy is a registered Taekwondo Dojang with Kukkiwon – World Taekwondo Headquarters located in Seoul, South Korea. Kukkiwon is the highest authority worldwide for Black Belt Dan Certification and holds (WT) Taekwondo schools across the globe to their high standard of excellence. St. George Martial Arts Academy (SGMAA) are proud members of Australian Taekwondo, the official national body for (WT) Taekwondo in Australia. By joining a school that is registered with the highest authority in Taekwondo, you ensure your hard earned belts and certificates are recognised worldwide.

Always look for these symbols when choosing a Taekwondo Dojang:



국기원
KUKKIWON

