

*Nutaofit Martial Arts Academy*  
&  
*Flying Dragon TKD*

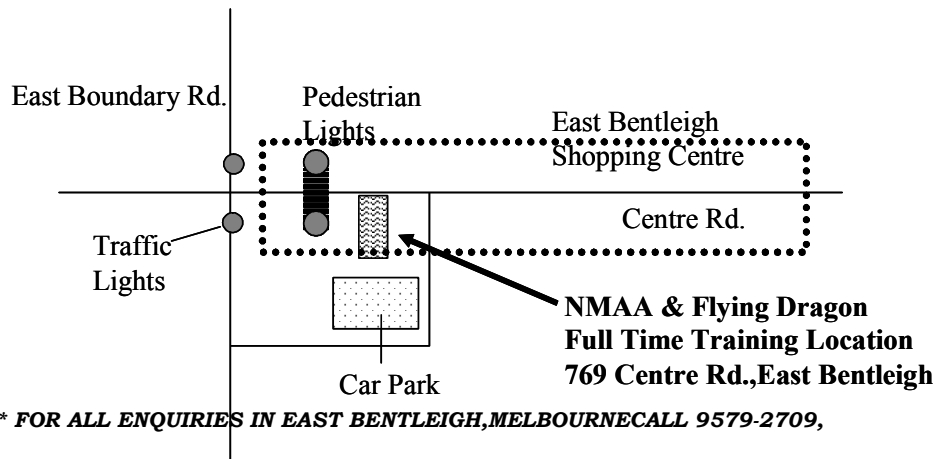
*Nutaofit Martial Arts Academy*  
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**AGE IS NOT A BARRIER**

Whether it is the self defence aspect, the need to lose weight, to gain fitness, as a stress relief, improvement of agility or just being involved in a club, Martial Arts training can be one or all of the above for you.

It is an activity for all ages from six to sixty, male and female. Every students ability is different and progression will depend on their capability and need. The younger students will get their thrills with jumping and spinning kicks, whilst the mature age students will enjoy the philosophy a lot more. Age is not a barrier, the barrier is the persons perceived view of what Martial Arts is all about. It is not a blood sport or a group of uncouth youths hitting and kicking each other. It is an art form that teaches balance, control, dedication and much more.

**The only way to find out is to have a look**  
Come to any of our locations and give it a go whether your a family or single



**Tae Kwon Do**  
**Tae Kwon Jitsu**  
**Self Defence**  
**Cardio Vascular Workout**  
**Bayside Kick Boxing**  
**Grappling**



**General Information Booklet**  
**769 Centre Road, East Bentleigh, 3165**  
**Full Time Training Location (Melways 77J1)**  
**All Enquiries : Call 9579 2709**

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**CLUB VENUES**

<u><b>EAST BENTLEIGH</b></u>	<u><b>Days Available</b></u>	<u><b>Comments</b></u>
<b>769 Centre Rd., East Bentleigh</b>	<b>Monday } Tuesday } Wednesday } Thursday } Friday } Saturday }</b>	<b>Classes every day to meet the wants and needs of all students Please refer to separate time table</b>

<u><b>DINGLEY VILLAGE</b></u>		<u><b>Ph 0401 619 175</b></u>
St Mark's School, Dimar Court	Thursday	6.30 pm – 7.30 pm TaeKwon Do 7.30 pm – 8.30 pm TaeKwon Do

<u><b>MORDIALLOC</b></u>		<u><b>Ph 0414 227 322</b></u>
Mordialloc Scout Hall, Nepean Highway, Mordialloc	Monday Thursday	4.00 pm – 9.00 pm TaeKwon Do 5.00 pm - 8.00 pm TaeKwon Do

<u><b>WOORI YALLOCK</b></u>		
Woori Yallock Primary School 1360 Healesville Kooweerup Rd	Monday } Wednesday }	6.30 pm - 7.30 pm TaeKwon Do 7.30 pm – 8.30 pm Kick Boxing

<u><b>LOTUS MARTIAL ARTS – WEST FOOTSCRAY</b></u>		<u><b>Ph 0417 306 823</b></u>
Scotts Presbyterian Church 141 Essex St, West Footscray	Monday } Wednesday }	6.45 pm -7.30 pm TaeKwon Do 7.30 pm - 8.30 pm TaeKwon Do

**MEMBERSHIP**

Under 15	New	\$ 75	then	\$ 50	per annum
Over 15	New	\$120	then	\$ 100	per annum
Family	New	\$200	then	\$ 150	per annum

Uniforms cost \$65 (Black \$75) which include Flying Dragon badge. Uniforms come in either short or long sleeve. White uniforms are worn by TaeKwon Do students And full black uniforms are worn by our Kick boxers. Short sleeve tops \$30 Shin and instep protectors, hand mitts & gloves are also available & recommended

**NIGHTLY FEES**

	CHILDREN		ADULTS	
	Members	Casual	Members	Casual
Single / class	\$10	\$12	\$12	\$15
Double / class	\$18	\$24	\$24	\$30
Family / class	\$25	\$12pp*	\$30	\$15pp*

\* pp = per person

**SILVER RATE** (Entitles students to 2 classes per week)  
[ All fees are yearly, but can be paid in monthly installments]

	CHILDREN		ADULTS	
	Monthly	Yearly	Monthly	Yearly
Single	\$75	\$900	\$90	\$1080
Double	\$110	\$1320	\$135	\$1620
Family	\$160	\$1920	\$180	\$2160

**GOLD RATES**

	CHILDREN		ADULTS	
	Monthly	Yearly	Monthly	Yearly
Single	\$120	\$1440	\$130	\$1560
Double	\$150	\$1900	\$160	\$1920
Family	\$175	\$2100	\$185	\$2220

**GRADING FEES** (Cost of belts charged separately)  
[ Gradings are usually held every three to four months ]

White Belt	0-1	\$0	Blue to Brown Belt	2-1	\$45
White Belt	1-2	\$30	Brown Belt	1-2	\$50
White to Yellow Belt	2-1	\$30	Brown to Red Belt	2-1	\$50
Yellow Belt	1-2	\$35	Red Belt	1-2	\$55
Yellow to Green Belt	2-1	\$35	Red to ChoDan Bo	2-1	\$60
Green Belt	1-2	\$40	ChoDan Bo	1-2	\$70
Green to Blue Belt	2-1	\$40	ChoDan Bo	2-3	\$80
Blue Belt	1-2	\$45	ChoDan Bo to Black	3-1	\$100

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