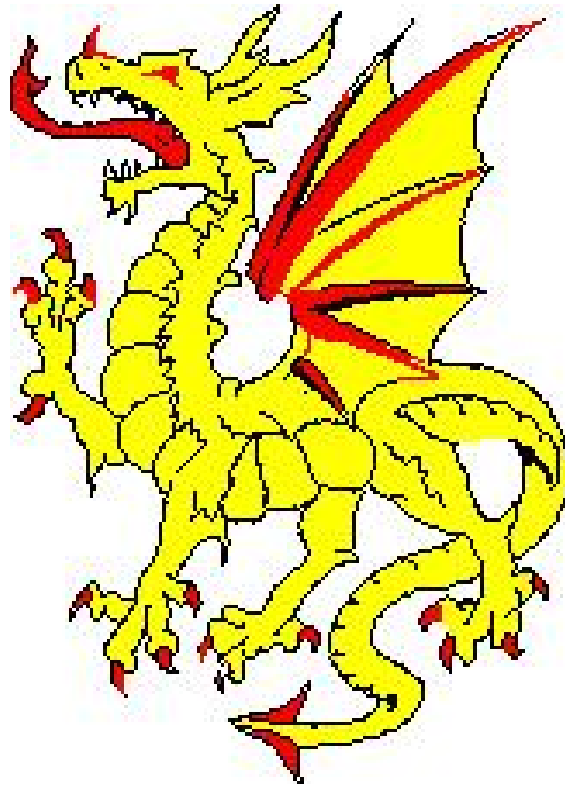




NuTaoFit Martial Arts
Academy &
Flying Dragon Tae Kwon Do

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



General
Information Booklet
ANY ENQUIRIES PLEASE CALL 9579 - 2709

**NUTAOFIT MARTIAL ARTS ACADEMY
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**NUTAOFIT MARTIAL ARTS
ACADEMY**

Vision Statement

- To educate all students in the art of self defence, enabling them to adequately defend themselves in times of need,
- Creating a safe environment to allow students to test themselves within,
- Knowledge in belonging to a group or club and using this to excel within the group,
- Creating good health and confidence through a series of exercise routines to better enjoy their quality of life,
- Learning to cope with day to day pressures through concentration exercises to maintain a contented well being,
- To make available 'OUR VISION' to as many people as possible in the community through constant expansion of the club.



NMAAVIS.DOC

5/23/2004



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NuTaoFit Instructors

Kwan Jang Nim Geoff Hutchinson **7th th Dan Black Belt NMAA**

Victorian Representative IAFF
Ranked 4th Dan,
Ranked 3rd Dan ATA Australasian
TaeKwon Do Academy,
Member of the Guild of
Australian Black Belts



Master Geoff Hutchinson is the head instructor of Nutaofit Martial Arts Academy and Flying Dragon TKD.

He has over 45 years of dedication to Martial Arts.
He is a professional full time Martial Arts Instructor, as well as a Bachelor of Education which is ideally suited to understanding the needs of his students, of any age.

Master Hutchinson and his instructors are licensed and qualified to teach Martial Arts.

The one question that I have always been asked over the years is:

How do I find the Right Instructor?

The qualities that you should look for are :

- Pleasant personality
- Enthusiastic & Encouraging
- Motivating
- A real interest in you and your goals
- Patient
- Understanding
- Gentle, but firm
- An ability to demonstrate techniques

We believe that : ***“Our Instructors are the key!”***



NMAA “Club Badge” reflects our teaching philosophy of balance and understanding towards all students

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NuTaoFit Instructors

**Sabomnim Peter Tomlinson
7th Dan Black Belt NMAA**



**Sabomnim Paul Mracek
7th Dan Black Belt NMAA**



**Sabomnim David MacSporrán
6th Dan Black Belt NMAA**



**Sabomnim Graham Campbell
6th Dan Black Belt NMAA**



**Sabomnim Nick Michael
4th Dan Black Belt NMAA**



**Sabomnim Greg MacSporrán
4th Dan Black Belt NMAA**



**Sabomnim Rob Mineo
3rd Dan Black Belt NMAA**



**Sabomnim Chris Bender
3rd Dan Black Belt NMAA**



**Sabomnim Micki Kellett
1st Dan Black Belt NMAA**



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CLUB VENUES

EAST BENTLEIGH

769 Centre Rd.	Monday)	Classes every day to meet the wants and needs of all students
East Bentleigh	Tuesday)	
	Wednesday)	
	Thursday)	Please refer to separate time table
	Friday)	for the full range of classes available
	Saturday)	Covers full range from traditional
	Sunday)	Taekwon Do (TKD), self defence, etc.

MORDIALLOC

Mordialloc Scout Hall	Monday	4.00 – 9.00 pm	Taekwon Do
Neapean Hwy, Mordialloc	Thursday	5.00 - 8.00 pm	Taekwon Do

WOORI YALLOCK

Woori Yollock	Monday	6.30 - 7.30 pm	Taekwon Do
Primary School	Wednesday	7.30 – 8.30 pm	Kick Boxing

1366 Healesville Koowerup Rd.

Golden Eagle Martial Arts: All enquiries please call 03 5961 5249

DINGLEY VILLAGE

St. Marks School	Thursday	6.30 - 7.30 pm	Taekwon Do
Lower Dandenong Rd, Dingley Village		7.30 – 8.30 pm	Taekwon Do

West Footscray

Scotts Presbyterian Church	Monday	6.30 – 7.30 pm	Taekwon Do
141 Essex Street	Wednesday	7.30 – 8.30 pm	Taekwon Do

Lotus Martial Arts : All enquiries please call 0417 306 823

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TaeKwon Do & NMAA

Basic Definitions

1. TaeKwon Do

Tae	-	Hand
Kwon	-	Foot
Do	-	Way or Path

TaeKwon Do means learning the way of hand and foot. The traditional style involves around 70% kicks and 30% hands.

2. NuTaoFit

Nu	-	Nutritional
Tao	-	Way or path for life
Fit	-	Physical and mental fitness

NuTaoFit means learning a way or our way of martial arts and was formed in 1985.

3. Our Club badge reflects the style's desire to achieve balance in the use of hands/ feet/ holds/ locks/ sweeps/ throws, etc. This is why the Yin/ Yang symbol appears on the badge.

Students beginning in our style train in all white or all black doboks. With greater knowledge white and black doboks are to be seen.

4. Belt System (in order of achievement)

White; Yellow; Green; Blue; Brown; Red; Probationary Black; Black

Note: Probationary Black is also called Cho Dan Bo

There are 2 stripes per belt. Each stripe represents a minimum of 3 months work and at Cho Dan Bo level 6 months. It takes approx 2-3 years to gain a black belt in our club

5. Age Levels

Junior	-	Under 10 years
Intermediate	-	Under 15 years
Senior	-	Over 15 years

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TaeKwon Do & NMAA

6. Ranking System

Il	Dan	-	First
Ee	Dan	-	Second
Sum	Dan	-	Third
Sah	Dan	-	Fourth
Oh	Dan	-	Fifth
Yook	Dan	-	Sixth
Chil	Dan	-	Seventh
Pal	Dan	-	Eighth

7. Sash Colour System for: **Full Contact – Kick Boxing & Weapons**

White; Yellow; Green; Blue; Brown; Black Sash; Probationary Black Belt; 1st Dan Black Belt

Note: There are 3 stripes per sash. Each stripe represents a minimum of 3 months work. Cho Dan Bo stripe represents 6 months work.



MEMBERSHIP

Under 15	Single	-	New member \$75, then \$50 per annum
Over 15	Single	-	New member \$120, then \$100 per annum
Family		-	New member \$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 Tae Kwon Do students and full black uniforms are worn by our Kick Boxers.

Short sleeve tops \$30. Shin and instep protectors, hand mitts and gloves are also available and recommended

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CLUB FEES

NIGHTLY FEES

	CHILDREN		ADULTS	
	Members	Casual	Members	Casual
Single / Class	\$9	\$12	\$10	\$15
Double / Class	\$16	\$24	\$18	\$30
Family / Class	\$20	\$12pp*	\$25	\$15pp*

*pp = per person

SILVER RATE

(Entitles students to 2 classes per week)

(All fees are yearly, but can be paid in monthly instalments)

	CHILDREN			ADULTS		
	Weekly	Monthly	Yearly	Weekly	Monthly	Yearly
Single	\$17	\$65	\$780	\$18	\$80	\$960
Double	\$30	\$90	\$1080	\$35	\$120	\$1440
Family	\$35	\$110	\$1320	\$40	\$160	\$1920

GOLD RATE (as many classes as you want)

	CHILDREN			ADULTS		
	Weekly	Monthly	Yearly	Weekly	Monthly	Yearly
Single	\$30	\$100	\$1200	\$35	\$120	\$1440
Double	\$60	\$120	\$1440	\$70	\$150	\$1800
Family	\$70	\$160	\$1920	\$80	\$175	\$2100

GRADING FEES

(Costs 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 Cho Dan Bo	2-1	\$60
Green Belt	1-2	\$40	Cho Dan Bo	1-2	\$70
Green to Blue Belt	2-1	\$40	Cho Dan Bo	2-3	\$80
Blue	1-2	\$45	Cho Dan Bo to Black	3-1	\$100

Note: Probationary Black = Cho Dan Bo

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Brief History of TaeKwonDo

TaeKwonDo is an ancient Korean form of self defence which literally translated means:

- Tae - "Punching or destroying with the hand or fist"
- Kwon - "To kick or smash with the feet"
- Do - "Way or method".

TaeKwonDo , then is the technique of unarmed combat for SELF DEFENCE that is an accumulation of well organised, deliberately - styled forms intended to do the work usually accomplished by mechanical weapons.

Through the scientific application of the body in form and technique, **men and women of all ages, all sizes, short or tall, weak or strong**, and from all walks of life, find that this art, through regular training, fulfils their mental and physical capabilities.

Meditation: to clear the mind by concentrating only on TaeKwonDo

Basics: provides the foundation

Poomse: to develop body balance, co-ordination, and to show graceful action

One - step Self Defence Sparring : for self - protection and to develop a keen sense of judgement

Controlled Alternate Free Sparring: to build self - control using techniques of block and attack without contact. Also to stimulate the mind

Breaking Techniques: builds self - confidence, shows effectiveness, and practical application without possible injury to partner

Free Sparring: to improve reflexes, apply techniques of attack, block, and counterattack

Philosophy: to improve character, attitude, and manners. To teach respect towards others, to help others, and to be honest, always standing by the weak

A meaningful way of life.

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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 within 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 get their thrills with jumping, spinning kicks whilst the mature age students enjoy the philosophy a lot more.

Age is not the 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 which teaches balance, control, dedication and much more.

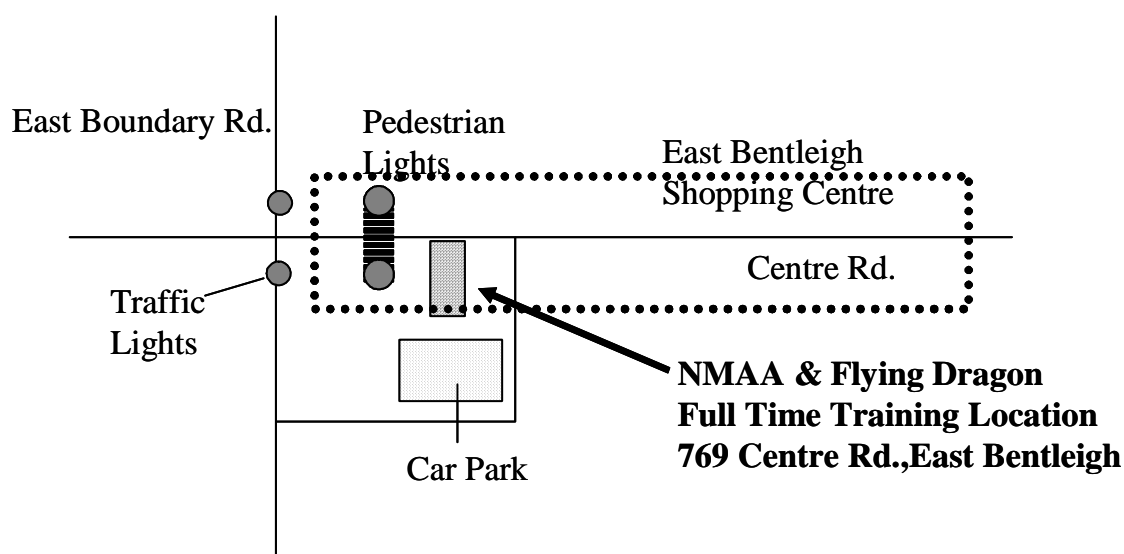
The only way to find out is to have look.

Come down to any of the locations and give it a go. Family involvement is encouraged but come as a single and we'll make you feel welcome.

The first class will cost you nothing.

After that you will be hooked and asking for more.

Location of our Headquarters in East Bentleigh




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**NUTAOFIT MARTIAL ARTS
ACADEMY**

**NMAA's Instructors' Pledge of
Responsibilities**

- To Teach,
- To Guide,
- To Show By Example,
- To Critique Without Criticism,
- To Promote Growth,
- To Show Humility,
- To Communicate.



NMAA/STG.DOC 02/02/2008



**NUTAOFIT MARTIAL ARTS
ACADEMY**

**NMAA's Students Pledge of
Responsibilities**

- To Train,
- To Think,
- To Assist,
- To Show Respect,
- To Ask Questions,
- To Discard Ego,
- To Communicate.



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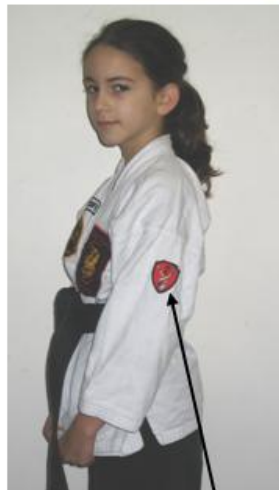
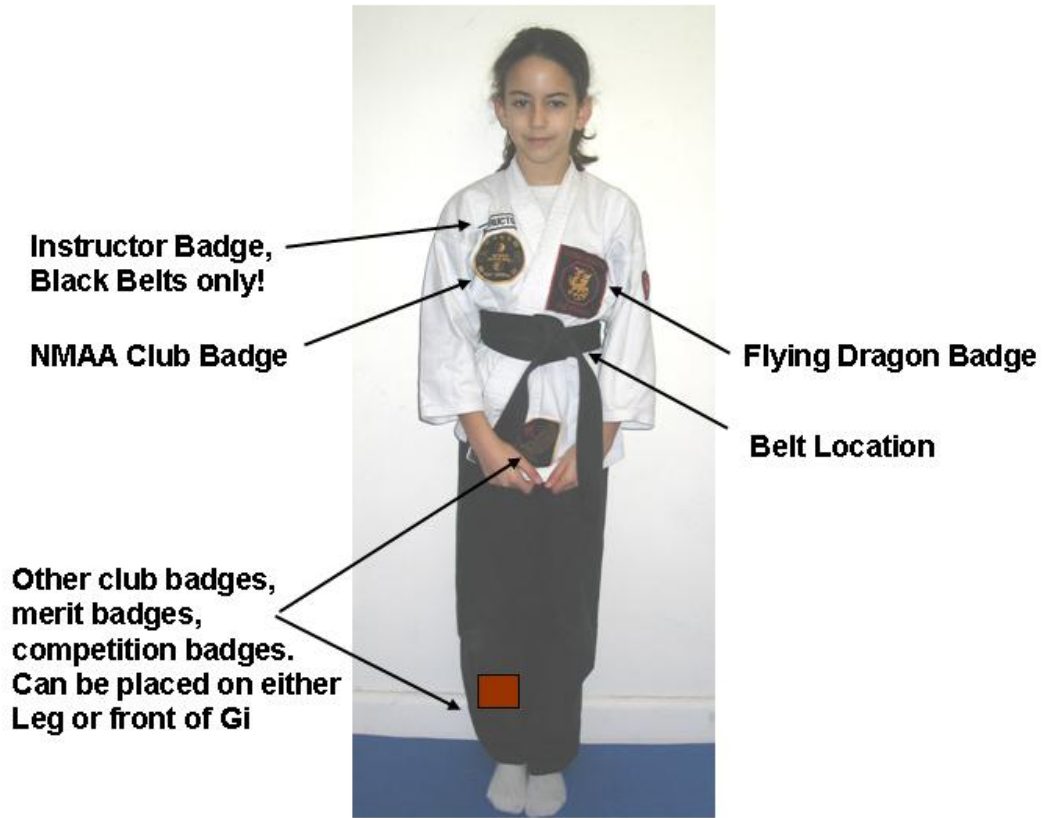
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Location of Badges on your Gi (Uniform)



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How to tie your Belt around your Gi (Uniform)



Picture: Step 2

Step 1: Put belt around waist, and ensure both ends of belt are the same length

Step 2: Thread the left end of the belt under and over the belt around the waist.

Left end of belt will come out from the top and the right end will come out from the bottom of the belt



Picture: Step 4

Step 3: Cross over ends in front by placing the right end of the belt under the left end

Step 4: Turn right end over and in through the centre of the loop. Pull both ends of the belt to close loop



Picture: Step 5

Step 5: Pull the ends of the belts to tighten belt and knot around the waist