



# KWONDOWORKZ



## THE ULTIMATE MARTIAL ARTS STUDIO

HEAD QUARTERS OF BAEKJUL INTERNATIONAL TAEKWON-DO, KWONDO KIDZ

FREESTYLE BRAZILIAN JIU-JITSU, MIXED MARTIAL ARTS 2012 PH: 55711999

SHOP 14 / 19 WAREHOUSE ROAD BRICKWORKS ANNEX SOUTHPORT 4215

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ADULT MMA 10.30 - 11.30 AM ON REQUEST	PRIVATE LESSON 10.30 - 11.30 AM ON REQUEST	ADULT MMA 10.30 - 11.30 AM ON REQUEST	PRIVATE LESSON 10.30 - 11.30 AM ON REQUEST	I.T.F. TAEKWON-DO BLACK BELT CLASS 1 PM TO 2 PM	LITTLE NINJAS 2 TO 5 YEARS 8.30 AM - 9.20 AM
PRIVATE LESSON 11.30 - 12.30 PM ON REQUEST	PRIVATE LESSON 11.30 - 12.30 PM ON REQUEST	PRIVATE LESSON 11.30 - 12.30 PM ON REQUEST	PRIVATE LESSON 11.30 - 12.30 PM ON REQUEST	PRIVATE LESSON 11.30 - 12.30 PM ON REQUEST	
LITTLE NINJAS 2 TO 5 YEARS 3 PM - 3.45 PM	LITTLE NINJAS 2 TO 5 YEARS 3 PM - 3.45 PM	LITTLE NINJAS 2 TO 5 YEARS 3 PM - 3.45 PM	LITTLE NINJAS 2 TO 5 YEARS 3 PM - 3.45 PM	LITTLE NINJAS 2 TO 5 YEARS 3 PM - 3.45 PM	KWONDO KIDZ 5 TO 7 YEARS 9.20 AM TO 10.10 AM
KWONDO KIDZ 5 TO 7 YEARS 3.45 PM - 4.30 PM	KWONDO KIDZ 5 TO 7 YEARS 3.45 PM - 4.30 PM	KWONDO KIDZ 5 TO 7 YEARS 3.45 PM - 4.30 PM	KWONDO KIDZ 5 TO 7 YEARS 3.45 PM - 4.30 PM	MIXED CLASS K/K -AV / K / KIDZ 5 TO 10 YEARS 3.45 PM - 4.30 PM	ADV K / KIDZ KWONDO KIDZ 8 TO 10 YEARS 10.10 AM TO 11 AM
ADV K / KIDZ 8 TO 10 YEARS 4.35 PM - 5.25 PM	ADV K / KIDZ 8 TO 10 YEARS 4.35 PM - 5.25 PM	ADV K / KIDZ 8 TO 10 YEARS 4.35 PM - 5.25 PM	ADV K / KIDZ 8 TO 10 YEARS 4.35 PM - 5.25 PM	I.T.F. TAEKWON-DO 9 YS AND OVER 4.30 PM - 5.30 PM	I.T.F. TAEKWON-DO 10 YEARS UP 11 AM TO 12 PM
MMA FOR SELF DEFENCE 10 YEARS up 5.30 - 6.30 PM	I.T.F. TAEKWON-DO 9 YS AND OVER 5.30 PM - 6.30 PM	MMA FOR SELF DEFENCE 10 YEARS up 5.30 PM - 6.30 PM	I.T.F. TAEKWON-DO 9 YS AND OVER 5.30 PM - 6.30 PM	MMA 5.30 PM TO 6.30 PM OPEN MAT ON REQUEST	I.T.F. HWA -RANG-WARRIORS DEMO TEAM 3 X PER YEAR
FREESTYLE BRAZILIAN JIU JITSU 6.35 PM - 7.40 PM	CONT ADVANCED I.T.F. TAEKWON-DO 6.35 PM - 7.00 PM	FREESTYLE BRAZILIAN JIU JITSU 6.35 PM - 7.40 PM	CONT ADVANCED I.T.F. TAEKWON-DO 6.35 PM - 7.00 PM		I.T.F. BLACK BELT CLASSES HELD 3 X PER YEAR 1 PM TO 3 PM
PRIVATE LESSONS ON REQUEST	PRIVATE LESSONS ON REQUEST	PRIVATE LESSONS ON REQUEST	PRIVATE LESSONS ON REQUEST		BJJ SEMINAR HELD 2 X PER YEAR

ENQUIRIES: Ph: 55711999 Mob: 0417 750969 [rob@kwondoworkz.com.au](mailto:rob@kwondoworkz.com.au) Trading 10 am - 8 pm Mon. to Fri. Sat 8.30 am to 1 pm

MEMBERSHIP \$ 88 - INCLUDES REGISTRATION, WELCOME CARD, ALL BADGES AND CURRENT TRAINING MANUAL  
UNIFORMS ARE \$77 A START UP PACKAGE \$140. T SHIRTS \$17 EXTRA PERSONAL INSURANCE IS \$44 PER YEAR  
 THERE IS NO REFUND ON THE INSURANCE PREMIUM

ALL TRAINING FEES FACTOR IN A TWO WEEK CLOSURE OVER THE XMAS NEW YEAR PERIOD EACH YEAR.  
PLEASE NOTE THAT THE AGE GROUPS ARE ONLY A GUIDE, AND DEPEND ON A STUDENTS UNDERSTANDING AND ABILITY

**FULLY SUPERVISED MARTIAL ARTS BIRTHDAY PARTIES ARE NOW HOSTED AT KWONDOWORKZ**

**COURTESY INTEGRITY PERSEVERANCE SELF-CONTROL INDOMITABLE SPIRIT**