



INTENSIVE  
TRAINING  
WEEK

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16<sup>TH</sup> TO 20<sup>TH</sup> JANUARY 2023

1&1A, 2 BULWARNA STREET, SHAILER PARK



BALANCE

태권도

# WELCOME AND CONGRATULATIONS

Welcome to our brand new Do Jang, home for our first intensive training week.

Congratulations in advance for the achievements you will have completed by the end of the week.

- For all junior Gup grade students: you will have an opportunity to grade for your next belt promotion by the end of the week.
- For Black belt and senior gup grade students, you will have the opportunity to complete your Cert 1 Sport and Recreation (Martial Arts) over the course of the week.

This week is packed with variety, and we will also be getting out and about for some excursions. Details for these are included in this pack.

Dress for the week except the grading event, will be black plain t-shirt or Balance t-shirt and black shorts.

Whilst you will not wear shoes in the Do Jang you will need covered sports shoes for excursions and for fitness activities, and a hat. Swimmers may also be advised for one of the excursions.

Please bring a small backpack, a notebook and a pen/pencil. We have some lockers available, so if you need to bring your phone, please also bring a small padlock so you can lock it away safely during training. Security of your personal belongings is your responsibility.

Although there will be a vending machine available stocked with healthy snacks and drinks, and a small supply of snacks to purchase ... you should bring your own lunch./morning/afternoon tea and a drink. We will have a small fridge available for you to keep it fresh.

There are no shops within walking distance of the Do Jang, so don't forget your lunch!

We will issue you with the student handbook for 2023 on the first day, but our policies are available on the website [www.balancetkd.com.au](http://www.balancetkd.com.au)



# Contacts

- The main contact for the week is

**Dr Nan Bahr: 0466207026**

- You should phone or text if you are going to be absent for a part of the program, even if you are running late.
- Please ensure Nan is aware of your arrangements for drop off and collection.
- Ensure that contact details for the parents/guardians of every student is entered into the register at the Do Jang on your first day.
- Please ensure your parent/guardian texts Nan directly if someone unknown to her is to be involved.

# Medical information

- It is important that Dr Bahr is aware of any conditions or circumstances that might impact training. Please provide a note and have a quick discussion with her about any issues or concerns. Any information provided will be kept in the strictest of confidence.
- The types of things we need to know include:
  - Allergies
  - Injuries
  - Phobias or fears
  - Emotional concerns
- Please note, if you don't say anything, then nobody knows there's an issue ...



## Photography and media

- We are very proud of our programs, our Do Jang, and our students.
- We promise we will never produce or share an unflattering image that we haven't checked to make sure the people identifiable in the photo are OK with sharing.
- If you'd prefer not to be included in any photography, please let us know in advance ... we intend to use the intensive week's images for Balance Foundation publicity in general and social media.
- Please note: If you don't tell us you don't wish to be photographed, or if you don't tell us that you find a particular image unflattering ... we can't know.

# Program

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	FRIDAY
8:30	warmup		warmup		travel		warmup	warmup
9:00	intro to training	mentoring pairs syllabus refresh	Hapkido 1		Flagstone adventure park		stretching	stretching
9:30							mock tournament	
10:30	cardio bullring		breakfall		travel		lunch	lunch
11:30								
12:30	lunch		lunch		lunch		travel	lunch
1:30	white belt syllabus	weapons training Bo Staff	sparring training 1		tricky kicking		hike: Daisy Hill Koala Park	
2:30	afternoon tea		afternoon tea		afternoon tea			
3:30	white belt syllabus	Cert 1	white belt syllabus	cert 1	cert 1 test candidate	cert 1 instruction assessment	afternoon tea	
4:00							grading Gup or Hapkido	
							travel	

# SPECIAL INSTRUCTIONS

## **MONDAY**

- DRESS:
  - BLACK SHORTS, BLACK (BALANCE) SHIRT
- EQUIPMENT (IF OWNED)
  - TRAINING SWORDS
  - BO STAFF

## **TUESDAY**

- DRESS
  - BLACK (BALANCE) SHIRT, BLACK SHORTS

# SPECIAL INSTRUCTIONS

## **WEDNESDAY**

- DRESS
  - BLACK (BALANCE) SHIRT, BLACK SHORTS
  - TOGS, TOWEL, SUNSCREEN, HAT

## **THURSDAY**

- BLACK (BALANCE) SHIRT, BLACK SHORTS
- LONG PANTS TO CHANGE INTO
- WALKING SHOES
- HAT
- SUNSCREEN

## **FRIDAY**

- DRESS
  - TAEKWONDO TROUSERS, BLACK (BALANCE) TSHIRT
  - TAEKWONDO JACKET AND BELT TO CHANGE INTO FOR GRADING