

Nutaofit Martial Arts Academy

General Information Booklet



Welcome to Nutaofit Martial Arts Academy (NMAA), which comprises Flying Dragon Taekwondo, Bayside Kickboxing, Mordialloc Martial Arts, Lotus Martial Arts, Dingley Martial Arts, Taekwonjitsu and Martial Yoga.

NMAA teaches a range of styles including Taekwondo, Taekwonjitsu, Self Defence, Defensive Tactics and Kickboxing which incorporates a cardio vascular workout.

NMAA is also affiliated with Advanced Defensive Tactics, Open Circle Fighting Method from the U.K and Dragon Society from the U.S.A.

NMAA and its clubs, i.e. Flying Dragon Taekwondo, etc. are family orientated clubs with over 400 students of both children (65%) and adults (35%). Many of our senior students are mums and or dads that take advantage of the family focus and classes that run through the week. Across all our clubs we run classes from Monday through to Saturday, please check the club class calendars for specific days and times.

At the East Bentleigh headquarters we are open Monday to Thursday from 4.30pm to 8.15pm and Saturday from 8.45am to 1.30pm. Children classes run from 4.30pm (Tiger cub) and 5.00pm (general children classes) during the weekday and 10.00am on Saturday. There are 2 yoga classes, 4 cardio-kickboxing classes and 3 self-defence classes that are run on a weekly basis.



We are open throughout school holidays during the year due to the large number of senior students in the clubs. We close over the summer / Christmas period over January. We are closed on most Public Holidays so as to allow members and their families to enjoy they holidays together.

Martial Arts for adults and children are in essence focused on similar outcomes, and with a different approach. The common perception is that martial arts is a way of learning to defend yourself. This is correct from an adult perspective and also has many more attributes associated with it in addition, such as increased health and wellbeing and confidence.

In relation to teaching children, it is more than just martial arts. It is also incorporates life skills with of course the basics of self-protection and personal safety. We focus on **Awareness** of surroundings, being able to **Avoid** unsafe situations and of course to take **Action** when they feel threatened.

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What we aim to teach is development skills, or the A-F of life skills, i.e.

A = Attitude, B = Belief, C = Concentration,
D = Discipline, E = Effort, F = Focus.

We could go on through the alphabet and come up with a great word for each letter but we think that those first six sum up exactly what we are trying to portray.

Our NMAA Vision reflects these values of providing a service to our community.



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NMAA Founder & Instructors

Founder: Kwan Jang Nim

Geoff Hutchinson (1957 – 2016)

9th 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



NMAA Founder KJN Geoff Hutchinson established Nutaofit Martial Arts Academy in 1985 and later Flying Dragon TKD.

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

Currently Master Paul Mracek is the chief master instructor for Nutaofit Martial Arts Academy and all NMAA instructors are licensed and qualified to teach Martial Arts.

The one question that we 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

You can see our current instructors summary on the next page and also by visiting our website at: www.NutaofitMartialArts.com/Instructors

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Meet Our Team



Master Paul Mracek
8th Dan Black Belt
Taekwonjitsu, 8th Dan BB Taekwondo

, OCFM Certified Coach
Club: NMAA HQ's
Started Training: 3.1990
Other Certifications:
W.W.Children, S.Certif.3, Certif.4
Training, F.A.Lvl3, F.D.Taekwondo,
Hapkido, Self
Defence, Taekwonjitsu, PP, Qigong, Taichi



Master David MacSporran
8th Dan Black Belt
Taekwondo
Club: Flying Dragon
Mordialloc

Started Training: 8.1993
Other Certifications: W.W.Children,
S.C.Certif.3, F.A.Lvl2, F.D.Taekwondo,
Eskrima Sticks, Self Defence



Master Graham Campbell
6th Dan Black Belt Taekwondo

Club: Lotus Martial Arts
Started Training: 4.1987
Other Certifications:
W.W.Children, S.C.Certif.3, F.A.Lvl2, F.D.
Taekwondo, Self Defence, Capoeira



Erhard Wiedemann
5th Dan Black Belt
Taekwondo
Club: NMAA HQ's

Started Training: 1.1990
Other Certifications:
W.W.Children, F.A.Lvl2,
F.D.Taekwonjitsu, Kick Boxing, Shoot
Fighting, Self Defence



Chris Bender
4th Dan Black Belt
Taekwondo
Club: NMAA HQ's
Started Training:

1.2000
Other Certifications: W.W.Children,
F.A.Lvl2, F.D.Taekwondo, Kick
Boxing, Self Defence



Peter Haynes
3rd Dan Black Belt
Taekwonjitsu
Club: NMAA HQ's
Started

Training: 1.2000
Other Certifications: W.W.Children,
F.A.Lvl2, Kick Boxing, Shoot
Fighting, Combat, Self Defence



Rob Mineo
4th Dan Black Belt
Taekwondo
Club: Flying Dragon
Dingley
Started Training:

2.1994
Other Certifications: W.W.Children,
S.C.Certif.3, F.A.Lvl2, F.D.Taekwondo,
Kick Boxing, Self Defence



Jarred Madsen
3rd Dan Black Belt
Taekwondo
Club: Flying Dragon
Dingley

Started Training: 1.2004
Other Certifications: W.W.Children,
F.A.Lvl2, F.D.Taekwondo, Kick
Boxing, Self Defence



Linda McLachlan
3rd Dan Black Belt
Taekwondo
Club: Flying Dragon
Mordialloc

Started Training: 1.2004
Other Certifications: W.W.Children,
F.A.Lvl2, F.D.Taekwondo, Self Defence



Stephen Nathan
2nd Dan Black Belt
Taekwonjitsu
Club: NMAA HQ's
Started Training: 1.2004

Other Certifications: W.W.Children,
F.A.Lvl2, F.D.Taekwondo, Self Defence



Micki Kellett
1st Dan Black Belt
Taekwondo
Club: NMAA HQ's
Started Training: 1.2003

Other Certifications: F.A.Lvl2, Master
Teacher Reiki, Self Defence



Master Peter Tomlinson
7th Dan Black Belt
Taekwondo
Club: Golden Eagle

(Retired)
Started Training: 1.1984
Other Certifications:
W.W.Children, F.A.Lvl2, F.D.
Taekwondo, Kick Boxing, Shoot
Fighting, Self Defence

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Club Venues

EAST BENTLEIGH

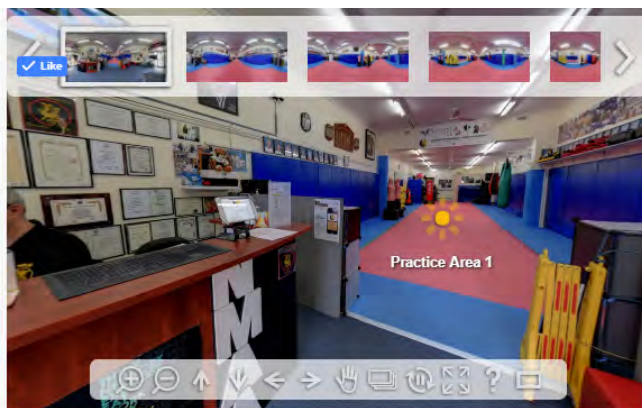
710 Centre Rd.	Monday)Classes every day to meet the wants
East Bentleigh	Tuesday)and needs of all students
	Wednesday)
	Thursday)Please refer to separate time table
	Friday)for the full range of classes available
	Saturday)Covers full range from traditional
	Sunday)Taekwon Do (TKD), self defence, etc.

Visit Our Full Time Venue

Come down and check out our classes, and speak to one of our instructors at our full time training venue located at...

Address: 710 Centre Road,
East Bentleigh, Vic. 3165

Check out the Google Map below...



Any Enquiries Please Call 03 9532 5476 or Mobile 0418 885 122

www.NutaofitMartialArts.com or Email: info@NutaofitMartialArts.com

MORDIALLOC

6 Nicholls Court,	Monday	4.00 – 9.00 pm	Taekwon Do
Mordialloc	Thursday	5.00 - 8.00 pm	Taekwon Do

DINGLEY VILLAGE

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

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Taekwondo & NMAA - Basic Definitions

1. TaeKwonDo
 - Tae - Hand
 - Kwon - Foot
 - Do - Way or Path

TaeKwonDo 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.

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 years to gain a black belt in our club

5. Age Levels
 - Junior - Under 10 years
 - Intermediate - Under 15 years
 - Senior - Over 15 years

6. Ranking System

Il	Dan	-	First
Ee	Dan	-	Second
Sum	Dan	-	Third
Sah	Dan	-	Fourth

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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 2 stripes per sash.



MEMBERSHIP

Membership are now included into monthly student fees with no further on costs for weekly classes. There is a cost of those students that do gradings at the end of each school term or during the year.

Uniforms in white or black are available 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 (available on request), shin and instep protectors, hand mitts and gloves are also available and recommended.

Additional Background Information

TaeKwonDo , 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 goals.

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Some of the words and their meanings that are often use during classes are:

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 student's 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.

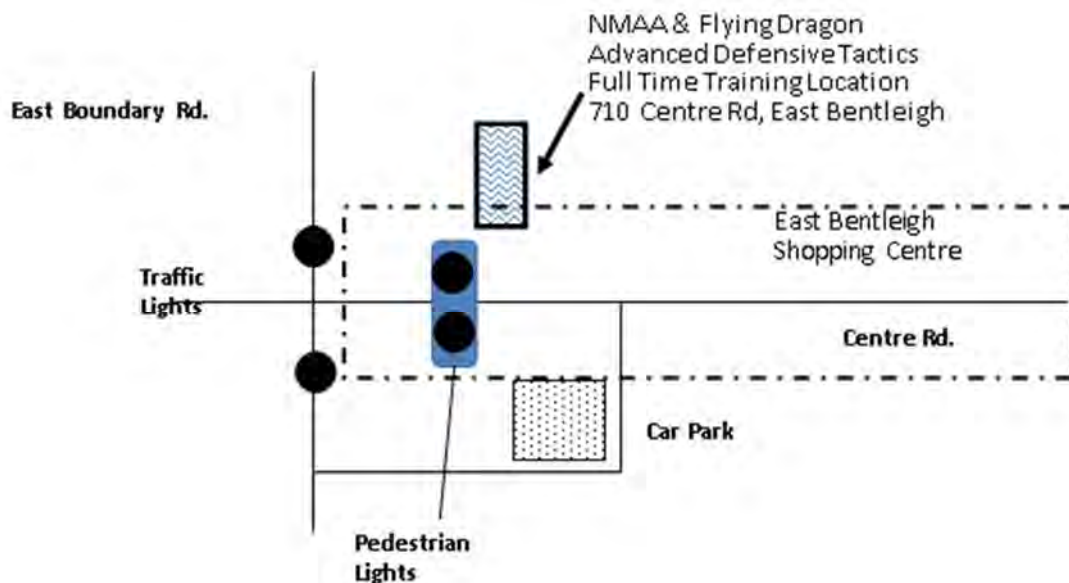
Age is not the barrier, the barrier is the persons perceived view of what martial arts is all about. It is not a blood sport or a group of uncouth youths hitting and kicking each other. It is an art form which teaches balance, control, dedication and much more.

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.



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Frequently Asked Questions

Below is an explanation to the many FAQ (Frequently asked questions) we receive

If you have others, please don't hesitate to ask

1. How do I get a uniform?

We have uniforms in stock and carry all sizes from 00000 to xxxL, and tee-shirts from size 4 (child) to XXL for adults. If we happen to not have it for an unknown reason, we will get one in, in a couple of days. Cost is \$85 which includes summer and winter clothing of the uniform (dobok), tee-shirt, a belt and a Flying Dragon Badge. The badge is either a iron on but will need the corners stitched or a full stitched type, it goes on the left hand side of the jacket. We will teach you how to tie the belt, as well as showing you how later on in this information booklet.

2. Tee Shirts & Hoody's

Also part of the uniform is a White Flying Dragon Tee Shirt. Cost to buy separately is \$25 and comes in all sizes from size 4 to XXL. Students can wear these tee shirts in normal classes and under their uniform during winter. Tee Shirts cannot be worn (unless under the jacket) during grading's.

Club Black Hoodys come in many sizes. They retail for \$65 and are extremely warm and are great for wearing to and from class.

Black Baseball style caps with the gold Flying Dragon emblem are available for \$15.

3. How does the belt system work?

The colour of the belts denotes the standard of experience the student has reached. It enables the instructor to immediately see what each student or groups of students need to do, whether it's their grading work or just developing work.

The colour of the belts range from light to dark. Everyone who does Martial Arts begins their journey as a white belt. Their first grading is to obtain a stripe across the belt (see below what the different colours across the belt mean). The second grading is for a second stripe. After that the colour of the belt changes to Yellow with a stripe at the same time. The next grading is for a second stripe on the Yellow belt, then on to green with a stripe...and so on.

The belt ranges are:

1. White
2. Yellow
3. Green
4. Blue

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5. Brown
6. Red
7. ChodanBo
8. Black

Junior and intermediate students have a green strip through the middle of the coloured belt where as senior students have a red strip through the coloured belt. Again the main reason for this is for the immediate identification by the instructor for the experience of the student.

Around the belt is a stripe or "bar". Being either one or two stripes of Green which denotes a Junior students 12 years and under. A Black stripe is for a Cadet student aged 13 and over. Senior students (16years & over) have a Red stripe across their belt.

4. Gradings

- a) Junior students grade every three months being March, June, September and December. The grading is done in normal class times but are done usually over two consecutive weeks. The first week tests the individual belt requirement of each particular grade. i.e. White 1 stripe students grade together for the work requirements to White 2. Yellow 2 students grade on their work that will take them to Green one stripe rank, etc. This is done for each individual student in the class on that particular day and time. Each class for the week will be the same so if a student cannot make their class for any reason i.e. school camp, illness etc. then they can come to any of the other classes and still complete their grading.

The second week is dedicated to basic techniques and sparring where applicable. All students regardless of rank participate in the required basics. i.e. punches, blocks & kicks then followed by the required sparring.

At the end of this session, new belts are issued to those on 2 stripes from previous belts and a second stripe is issued to those who previously only had one. A small badge may also be awarded to those students who don't receive a belt based on results.

High Distinction Certificates and or sash on merit badges are awarded to the students who do the best grading, and are issued regardless of rank. These are capped at three per grading, these certificates are awarded in the following class.

- b) Seniors can grade every 12 classes (6 classes up to Yellow belt) if the work is at a satisfactory level. Twelve classes equates to one class a week for three months, but the student who comes on a more regular basis can grade at a faster rate. This is extremely beneficial at the early belt levels if a student feels that they are handling the required work easily.

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5. Grading Fees

There is a fee for each grading for both seniors and juniors. The first grading's to white 1 & 2, and 1 to 2 bar per colour belt level is at no charge. The cost for all other grading's including new belt are as follows:

- a) White belt grading's no charge
- b) White to Yellow belt 1 \$45
- c) Yellow to Green Belt 1 \$55
- d) Green to Blue Belt 1 \$60
- e) Blue to Brown Belt 1 \$65
- f) Brown to Red Belt 1 \$70
- g) Red to ChoDanBo 1 \$85

Note: ChoDanBo has 3 levels that need to be completed to achieve a full senior black belt. Refer to separate grading fees sheet for details for these levels.

6. Syllabus Booklets

Syllabus Booklets for White Belt through to Chodanbo are compulsory for senior students. Cost is \$15. These are bound and have the students name on the front.

There are also Syllabus Success Journals for Junior, Intermediate and Cadet ranks which also cost \$20 and are compulsory.

7. Monthly Fees:

Payment of monthly fees can be either by cash, EFTPOS facilities at the club or by an invoice for monthly fees, uniforms, membership fees, grading fees etc. and are due at the start of each calendar month, and is payable by the end of the first week of the month or on a date agreed on.

The invoice where issued is sent via email at the start of each calendar month, and is payable immediately or on a date agreed on and can be paid directly by EFT to nominated account, direct debit or by EFTPOS machine at East Bentleigh location. Where invoices are issued they will be in excel format. For Mac users it can be sent as a PDF file. Please make sure that you add info@nutaofitmartialarts.com to your Safe Senders list so our emails don't get lost in your spam filter.

There is a bonus achieved of only paying half fees for the month if you introduce a new member (who joins) to the club. The record stands by one student at eleven introductions for our Mordialloc club.

8. Regular Newsletter:

A regular newsletter of information concerning the club's functions, grading's, information and awards is sent via email periodically every 1-2 months.

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9. Web Site & FaceBook page

If you haven't checked out our web site please do. www.nutaofitmartialarts.com . It can give you class times and fees. We are always looking at new classes for our students so please make sure that you check the site regularly.

A lot of up to date information is put on our facebook page. Make sure you become a friend at:

<https://www.facebook.com/pages/Nutaofit-Martial-Arts-Academy/>

10. Special Event Days

- a) **End of Year Demonstrations and Presentation Day:** Around the end of November we also have in an East Bentleigh location our annual "Christmas breakup". Students from all Clubs do various martial art demonstrations and again it is great day for new students and families to see our students in action. All junior students receive a trophy to celebrate their participation in the year. Each club presents Senior & Junior student of the year and there is an Academy Student of the Year. Full uniform on both days is expected to be worn.

These days are also **Day of Unison** for all clubs affiliated with the Nutaofit Martial Arts Academy. A day where we renew old friendships, see what our sister clubs have been doing and watch all students in unison...together. Students go through forms, basics and sparring and it is a great day for our new students and their family members to see what the martial arts is all about and the Academy that they are now affiliated with.

11. Dragon & Tiger Patch

- a) **Dragon patch:** Each year we nominate and award a Dragon patch to a one or more of our senior students. The Dragon is awarded to an elite senior student for services to our Club and the martial arts. They must show outstanding martial art skills, leadership, Instructor skills and the want to learn more.
- b) **Tiger Patch:** We will also be looking at introducing a Tiger patch for juniors which is worn on the back of Dobok (training uniform), it is the junior equivalent of the Dragon patch. We are looking at awarding one to an elite student each quarter during grading (if warranted).

12. Kick Sheets:

KickSheets are a challenge done each week in class, for a particular kick a student chooses from the current sheet they are working on. There are 8 levels of KickSheets starting with a Basic level of 5 kicks and then a further 7 levels of Jumping, or Turning kicks. Each level increases in difficulty as student's

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progress through the levels. A KickSheet requires 3 dots against each kick on the sheet to be completed. One dot is awarded each class. A badge is presented at the completion of the 8 levels.

It is the responsibility of the student to bring the sheet to class each week. If this is not done then no dot can be issued and no catch up is allowed. This is a responsibility challenge as well as a kick challenge.

13. Student of the Month

The Student of the Month is an innovation started in some of our clubs about 3 years ago. We are looking to introduce a similar system at East Bentleigh for all students. A yellow shirt will be worn by the current Student of the Month and was inspired by Cadel Evens when he won the Tour de France and wore the yellow leader's jersey. Leadership is something we try to instil into all our students.

Students who are awarded the Student of the Month get their photo placed on an Honour wall where it remains for 12 months. They also receive a Yellow badge to honour the award, which is worn on the bottom of the left pant leg.

14. Why do I bow? How do I bow?

Bowing is a sign of respect and confirmation that we have left our egos and problems outside the Dojang. (Training hall). As a sign of respect, students will bow to an instructor on arrival at training or when finishing training or when speaking to them during training. Students should always bow when entering and leaving the Dojang. Even when leaving the Dojang to go to the toilet or get a drink. Bowing in this manner is specifying that the student is leaving their ego outside and any problems they have, outside.

They have cleared their minds of their problems so that they can concentrate on the training that needs to be done.

The other time that we bow is when we spar (promise fighting). Before we spar other students we stand at attention, bow, move into a natural stance then into a fighting stance and then commence sparring on the command. When the sparring is finished we again bow to our opponent to acknowledge the end of the bout.

There are two different ways to bow.

i) The first way is to stand upright, heels together, fists closed and at your side. Bend from the waist to a 90° right angle looking at the floor. Hold the bow for just a split second.

ii) The second is when ready to spar and is usually done in a continuous lines facing various opponents. Instead of looking at the floor when bowing, keep your head up and focus on the eyes of your opponent. This is done to prevent

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your opponent from “taking a cheap shot” while your head would have been down during a normal bow.

15. Some Korean commands used:

Apchagi	Front Snap Kick
Apkubi	Forward stance
Apseogi	Walking Stance
Arae	Low section
Arae Jireugi	Low Section Punch
Cha Ryeo	Attention
Chigi	Strike
Dobok	Taekwondo Uniform
Dolryeo Chagi	Turning Kick
Dwitkubi	Back stance
Eolgul	Face (high section)
Gyeorugi	Sparring
Hoshinsool	Self Defence
Joonbi	Ready
Juchum Seongi	Horse Riding Stance
Jumeok	Fist
Kibon	Basic
Charyot	Attention
Kyung Ye (Gyongre)	Bow
Poomse	Forms (patterns)
Sabeomnim	Instructor
Seogi	Stance
Sonnal	Knife Hand
Yeop Chagi	Side Kick

We welcome you to our NMAA family and in supporting you to achieve your goals in a fun, engaging and safe environment.

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How to tie your Belt around your Gi (Uniform)

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

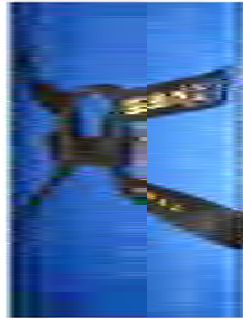
Step 3: Cross over ends in front by placing the right end of the belt under the left end

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

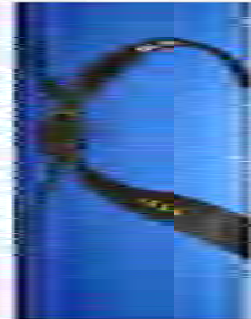
Step 5: Pull the ends of the belts to tighten belt and knot around the waist



Picture Step 2

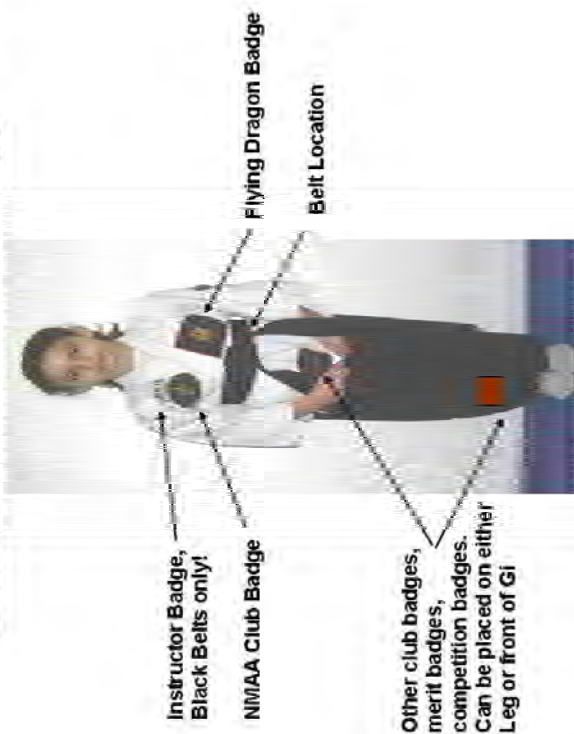


Picture Step 4

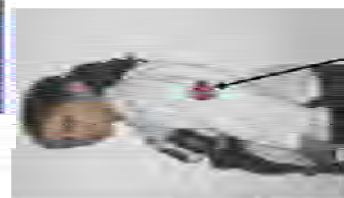


Picture Step 5

Location of Badges on your Gi (Uniform)



Dragon badge
Note: Only worn by students who meet the required standards



Other club badges, merit badges, etc.
Can be placed on Either arm/shoulder