

What are the Martial Arts?

Karate, Kung Fu, Judo, Tae Kwon Do are all martial arts. All styles have basically the same goals, i.e. confidence, discipline, character building and self defence. Each style and its school teach differently, eg. Straight line technique in Karate, circular movements in Kung Fu and wrestling movements in Judo. Our school has been established on the traditional movements of Tae Kwon Do but has been adapted to the requirements of today's society. We have available the opportunity to learn straight, angular and circular movement, unlike any other martial arts.

Which Martial Art is for Me?

The most important thing to consider when looking for a school is not what style, but more importantly, finding the right instructor. They are what makes the difference. The people in your class should have a positive and happy attitude.

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

As your child progresses through Flying Dragon TKD they will understand what is self defence and how to be mentally alert of what is happening around them.

Learning the techniques will help the child to improve their athletic ability and improve their coordination allowing the skills taught to them to be better used to defend themselves.

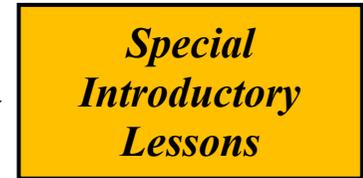


Our Instructors Are The Key

Master Paul Mracek is the Chief Instructor of Flying Dragon TKD. He has over 25 years of dedication to Martial Arts.

He teaches Martial Arts 6 days a week, and has qualifications as a Master Trainer in NLP which is ideally suited to understanding the needs of his students, of any age.

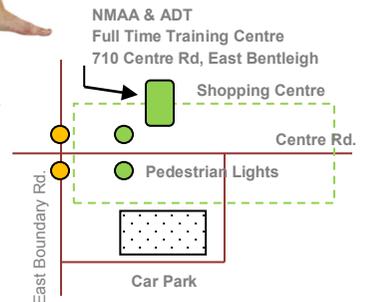
Master Mracek and his instructors are licensed and qualified to teach Martial Arts.



FLYING DRAGON Tae Kwon Do



**Phone: 9532-5476
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NuTaoFit Martial Arts Academy

Welcome to “FLYING DRAGON” Tae Kwon Do

Introduction

At FlyingDragon we provide you with the most modern methods, so that you reach your own personal objectives and potential. We have a wide range of opportunities to meet the needs of all students, through the teaching of a well structured syllabus developed over many years specifically for the needs of our students to become more confident as well as physically and mentally more alert.

We believe that developing and maintaining a sound body and mind is the key to getting the most out of life today. In our programs you will learn from experienced instructors, with a very hands on approach not only for self defence but also exercises that benefit the mind and body.

Programs Designed With You In Mind

At Flying Dragon TKD individual attention is a feature of each and every class. This allows students to progress quietly and easily towards their personal goals. To allow our students to compete in a wider range of tournaments we teach modern TKD sparring (no hands), traditional TKD (70% feet, 30% hands and American non-contact sparring (80% hands, 20% feet).

What you the Parent can Expect!

Let us first dispel the myths and misunderstanding that abound about the Martial Arts. The most important of these is that Martial Arts promotes violence, nothing could be further from the truth! Although we cannot speak for other schools our founder Mr. G.J.Hutchinson has always provided a positive role model in that the more skilled you become the less likely you will accept violence. With our talented instructors, classes have a family atmosphere with a high level of enthusiasm, whilst maintaining an air of dignity and discipline. Children learn there is a time and place for certain behaviors. The yelling you hear in class symbolises the enjoyment and willingness to learn in a class.

Respect

Parents will notice subtle changes in their children's school work, self control and their patience with other children. Our school improves your child's performance at school. This is achieved by gaining motivation, self discipline, self confidence and respect, mental alertness, goal setting and achievement of skills by the general direction of our instructors. Students are encouraged to do well at school and at their training within the class.

Goal Setting

At Flying Dragon TKD young people learn that through dedication and perseverance all worth while goals in life are possible. The first goal they will encounter is to break the habit of not trying by saying the word “can't:”. Their goal is to avoid the word and thus the disappointment of not succeeding. We have established a game within the club, that the student who utters the word “can't” will do extra work. The children are very quick to pick up on this and try to catch the adults out as well.

Physical and Mental Benefits

Through the grading syllabus we evaluate much more than mere physical skills. We look at the degree of improvement, amount of effort, self control and self discipline as demonstrated in their daily lives at home, at school or within the club dojang.

The following benefits are what can be achieved by students of Flying Dragon TKD:

- *Patience: to be helpful to other children*
- *Confidence: to overcome shyness, to make friends and stand up for one self*
- *Achievement: to realise that if you work hard at things you wish you will succeed*
- *Discipline: to willingly perform tasks to the best of their ability*