



## KOGARAH TIMETABLE

Operating in the main hall at:  
James Cook Boys Technology High School  
800 Princes Highway, Kogarah NSW 2017  
Email: [memberships@sgmaa.com.au](mailto:memberships@sgmaa.com.au)  
Online: [sgmaa.com.au/timetable](http://sgmaa.com.au/timetable)

# MARTIAL ARTS IS FOR EVERYONE

☎ 1800 13 15 17 🌐 [SGMAA.COM.AU](http://SGMAA.COM.AU)

### MONDAY

<b>SAMURAI</b> ALL BELT LEVELS 4.30-5.30pm	<b>NINJA</b> ALL BELT LEVELS 4.30-5.30pm	<b>JUNIOR</b> WHITE TO ORANGE 4.30-5.30pm	<b>JUNIOR</b> GREEN TO PURPLE 4.30-5.30pm
<b>SAMURAI</b> ALL BELT LEVELS 5.30-6.30pm	<b>NINJA</b> ALL BELT LEVELS 5.30-6.30pm	<b>JUNIOR</b> BROWN TO BLACK 5.30-6.30pm	<b>SENIOR</b> ALL BELT LEVELS 5.30-6.30pm
<b>SAMURAI</b> ALL BELT LEVELS 6.30-7.30pm	<b>NINJA</b> ALL BELT LEVELS 6.30-7.30pm	<b>JUNIOR</b> ALL BELT LEVELS 6.30-7.30pm	<b>SENIOR</b> ALL BELT LEVELS 6.30-7.30pm

### WEDNESDAY

<b>SAMURAI</b> ALL BELT LEVELS 4.30-5.30pm	<b>NINJA</b> ALL BELT LEVELS 4.30-5.30pm	<b>JUNIOR</b> WHITE TO ORANGE 4.30-5.30pm	<b>JUNIOR</b> GREEN TO PURPLE 4.30-5.30pm
<b>SAMURAI</b> ALL BELT LEVELS 5.30-6.30pm	<b>NINJA</b> ALL BELT LEVELS 5.30-6.30pm	<b>JUNIOR</b> BROWN TO BLACK 5.30-6.30pm	<b>SENIOR</b> ALL BELT LEVELS 5.30-6.30pm
<b>SAMURAI</b> ALL BELT LEVELS 6.30-7.30pm	<b>NINJA</b> ALL BELT LEVELS 6.30-7.30pm	<b>JUNIOR</b> ALL BELT LEVELS 6.30-7.30pm	<b>SENIOR</b> ALL BELT LEVELS 6.30-7.30pm

### FRIDAY

<b>SAMURAI</b> ALL BELT LEVELS 4.30-5.30pm	<b>NINJA</b> ALL BELT LEVELS 4.30-5.30pm	<b>JUNIOR</b> WHITE TO ORANGE 4.30-5.30pm	<b>JUNIOR</b> GREEN TO PURPLE 4.30-5.30pm
<b>SAMURAI</b> ALL BELT LEVELS 5.30-6.30pm	<b>NINJA</b> ALL BELT LEVELS 5.30-6.30pm	<b>JUNIOR</b> BROWN TO BLACK 5.30-6.30pm	<b>BLACK BELT ELITE</b> UPGRADE PROGRAM 5.30-6.30pm
<b>SAMURAI</b> ALL BELT LEVELS 6.30-7.30pm	<b>NINJA</b> ALL BELT LEVELS 6.30-7.30pm	<b>JUNIOR</b> ALL BELT LEVELS 6.30-7.30pm	<b>SENIOR</b> ALL BELT LEVELS 6.30-7.30pm
<b>POOMSAE</b> ALL BELT LEVELS – JUNIORS & SENIORS 7.30-8.30pm		<b>KYORUGI</b> ALL BELT LEVELS – JUNIORS & SENIORS 7.30-8.30pm	

### SATURDAY

<b>SAMURAI</b> ALL BELT LEVELS 10.00-11.00am	<b>NINJA</b> ALL BELT LEVELS 10.00-11.00am	<b>JUNIOR</b> ALL BELT LEVELS 10.00-11.00am	<b>SENIOR</b> ALL BELT LEVELS 10.00-11.00am
<b>SAMURAI</b> ALL BELT LEVELS 11.00-12.00pm	<b>NINJA</b> ALL BELT LEVELS 11.00-12.00pm	<b>JUNIOR</b> ALL BELT LEVELS 11.00-12.00pm	<b>SENIOR</b> ALL BELT LEVELS 11.00-12.00pm
<b>SAMURAI</b> ALL BELT LEVELS 12.00-1.00pm	<b>NINJA</b> ALL BELT LEVELS 12.00-1.00pm	<b>JUNIOR</b> ALL BELT LEVELS 12.00-1.00pm	<b>BLACK BELT ELITE</b> UPGRADE PROGRAM 12.00-1.00pm

### UNLIMITED CLASSES

Students of SGMAA have the option to train in all classes listed on the timetable for their specific belt level and age group. In addition, students have the option to attend both Kogarah and Kingsgrove branches and train in as many classes as they choose. This means students can train up to 6 days per week at both SGMAA branches for the one low weekly membership fee!



## KINGSGROVE TIMETABLE

Operating in the main hall at:  
Kingsgrove North High School  
Enter via Kingsgrove Road, Kingsgrove NSW 2208  
Email: [memberships@sgmaa.com.au](mailto:memberships@sgmaa.com.au)  
Online: [sgmaa.com.au/timetable](http://sgmaa.com.au/timetable)

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## TUESDAY

<b>SAMURAI</b> ALL BELT LEVELS 5.00-6.00pm	<b>NINJA</b> ALL BELT LEVELS 5.00-6.00pm	<b>OPEN MAT</b> STUDENT SELF-TRAINING 5.00-6.00pm	
<b>SAMURAI</b> ALL BELT LEVELS 6.00-7.00pm	<b>NINJA</b> ALL BELT LEVELS 6.00-7.00pm	<b>JUNIORS</b> ALL BELT LEVELS 6.00-7.00pm	<b>SENIORS</b> ALL BELT LEVELS 6.00-7.00pm
<b>SAMURAI</b> ALL BELT LEVELS 7.00-8.00pm	<b>NINJA</b> ALL BELT LEVELS 7.00-8.00pm	<b>JUNIORS</b> ALL BELT LEVELS 7.00-8.00pm	<b>SENIORS</b> ALL BELT LEVELS 7.00-8.00pm

## THURSDAY

<b>SAMURAI</b> ALL BELT LEVELS 5.00-6.00pm	<b>NINJA</b> ALL BELT LEVELS 5.00-6.00pm	<b>OPEN MAT</b> STUDENT SELF-TRAINING 5.00-6.00pm	
<b>SAMURAI</b> ALL BELT LEVELS 6.00-7.00pm	<b>NINJA</b> ALL BELT LEVELS 6.00-7.00pm	<b>JUNIORS</b> ALL BELT LEVELS 6.00-7.00pm	<b>SENIORS</b> ALL BELT LEVELS 6.00-7.00pm
<b>SAMURAI</b> ALL BELT LEVELS 7.00-8.00pm	<b>NINJA</b> ALL BELT LEVELS 7.00-8.00pm	<b>JUNIORS</b> ALL BELT LEVELS 7.00-8.00pm	<b>SENIORS</b> ALL BELT LEVELS 7.00-8.00pm

### UNLIMITED CLASSES

Students of SGMAA have the option to train in all classes listed on the timetable for their specific belt level and age group.  
In addition, students have the option to attend both Kogarah and Kingsgrove branches and train in as many classes as they choose.  
This means students can train up to 6 days per week at both SGMAA branches for the one low weekly membership fee!

### AGE SPECIFIC PROGRAMS

SGMAA offer a program for everyone – starting from as young as 3 years of age right up to 65+ years.  
Our programs have been adapted to meet the specific age requirements of our students ensuring they grow and develop in a safe and controlled environment.  
Training with students of the same age group helps to build confidence and cultivate friendships, whilst learning important life-changing skills!

<b>SAMURAI</b> 3-4 YEARS  <i>Little ones start their Martial Arts journey by developing fine and gross motor skills, learning to explore themselves and the world around them in a safe format.</i>	<b>NINJA</b> 5-8 YEARS  <i>Introducing the young Martial Artist to the official SGMAA syllabus, further developing student confidence and discipline through goal setting.</i>	<b>JUNIORS</b> 9-12 YEARS  <i>Graduating from our Ninjas program, and setting these young warriors on the path to Black Belt with a program that is both fun and developmental.</i>	<b>SENIORS</b> 13-65+ YEARS  <i>Seniors learn to live the Martial Arts lifestyle with a comprehensive program designed to challenge each student regardless of their skill level or age.</i>
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### INTERNATIONAL ACCREDITATION

St. George Martial Arts Academy is a registered Taekwondo Dojang with Kukkiwon – World Taekwondo Headquarters located in Seoul, South Korea.  
Kukkiwon is the highest authority worldwide for Black Belt Dan Certification and holds (WT) Taekwondo schools across the globe to their high standard of excellence.  
St. George Martial Arts Academy (SGMAA) are proud members of Australian Taekwondo, the official national body for (WT) Taekwondo in Australia.  
By joining a school that is registered with the highest authority in Taekwondo, you ensure your hard earned belts and certificates are recognised worldwide.

*Always look for these symbols when choosing a Taekwondo Dojang:*

