

2016

COURTESY  
Ye UiINTEGRITY  
Yom Chi / Jeong JikPERSEVERANCE  
In NaeSELF CONTROL  
Geuk GiINDOMITABLE SPIRIT  
Baek Jeol Bul Gul

태권도

## JANUARY

S	M	T	W	T	F	S
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

● 5th Empower Dojang Adult Classes Resumes  
● 16th Advanced Training ● 18th AGM-AJ Instructors 1pm-3pm  
Check on the web for date when other clubs resume training

## FEBRUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

● 13th Advanced Training; ○ Empower Grappling 1-3pm  
● 20th Specialised Training Seminar  
● 27th Empower Gym Dojang 6th B'Day.

## MARCH

S	M	T	W	T	F	S

● 5th Grading Syllabus Workshop  
● 12th Advanced Training; ○ Empower Grappling 1-3pm  
● 19th Colour Belt Grading at Empower

## APRIL

S	M	T	W	T	F	S

● 9th Advanced Training; ○ Empower Grappling 1-3pm  
● 30th Colour Belt Gradings at Apollo Bay, VIC  
● The Fallen ANZACS - Let Us Forget

## MAY

S	M	T	W	T	F	S

● 14th Advanced Training; ● Dan Assessment 10.30am-3.30pm  
● 21st Specialised Training Seminar  
● 28th Grading Syllabus Workshop

## JUNE

S	M	T	W	T	F	S

● 4th Dan Gradings at Empower  
● 18th Colour Belt Grading at Empower

## JULY

S	M	T	W	T	F	S

● 9th Advanced Training; ○ Empower Grappling 1-3pm  
● 23rd Specialised Training Seminar

## AUGUST

S	M	T	W	T	F	S

● 13th Advanced Training; ○ Empower Grappling 1-3pm  
● 20th Grading Syllabus Workshop

## SEPTEMBER

S	M	T	W	T	F	S

● 10th Advanced Training; ○ Empower Grappling 1-3pm  
● 17th Colour Belt Grading at Empower

## OCTOBER

S	M	T	W	T	F	S

● 8th Advanced Training; ○ Empower Grappling 1-3pm  
● 22nd Specialised Training Seminar  
● 29th Colour Belt Gradings at Apollo Bay, VIC

## NOVEMBER

S	M	T	W	T	F	S

● 12th Grading Syllabus Workshop  
● 18th-20th Myuna Bay Camp ● 19th Dan Assessment 2-4pm

## DECEMBER

S	M	T	W	T	F	S

● 3rd Colour Belt Grading at Empower  
● 10th Dan Gradings at Empower ● 11th Xmas Party  
● 15th Empower Dojang Classes Cease for 2015; IMT's 18th B'Day

## Specialised Training Sessions:

- Specialised Training Seminars - 10.30am to 12.30pm
- Grading Syllabus Workshop - 10.30am to 12.30pm
- Martial Arts Training Camp; ★ Dan Assessment Session
- Advanced Training (Brown Belt & above) - 10.30am to 12.30pm
- Empower Grappling Training - 1pm to 3pm; Kumdo Sunday 5 to 6.30pm

## Gradings:

- Dan Gradings at Empower - 9am to 2pm
- Colour Belt Gradings at Empower - 9am to 2pm
- Colour Belt Gradings at Apollo Bay - 9am to 1pm
- NSW Schools & □ Public Holidays

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'striving for perfection'

SCHEDULE