

WHAT IS TAEKWONDO?

跆拳道 - foot
- hand
- the way



A Korean Martial art which translates to "THE WAY OF THE HAND AND FOOT".

Taekwondo combines combat with self-defence. It requires POWER, SPEED, AGILITY, FLEXIBILITY, and STRATEGY. Practicing it improves one's physical fitness, flexibility, and general wellbeing. Most importantly it improves self-esteem and confidence, and encourages modesty and generosity within those who practice the sport.

OUR COACHES



Head instructor for the Monash University Taekwondo Club since 2006.

Master JAE YOUNG KIM

Qualifications:

- * World Taekwondo 6th Dan
- * TGMS 6th Dan Korean Martial Art for Special Forces
- * Judo 2nd Dan
- * Taekwondo International Referee 3rd level
- * Korea National Instructor 3rd level
- * TGMS National Instructor 3rd level

Master KYUNG-CHOON (JACK) WOO

Qualifications:

- * World Taekwondo 4th Dan
- * Korea national teaching 3rd level
- * First aid instructor

Jack Sabeomnim takes trainings on Mondays, Wednesdays and Fridays. He has been focusing on improving our basic forms for sparring and physicality.



EVENTS

ANNUAL CAMP

Our annual camp is a great way to get to know everyone!

VICTORIAN INTER-UNI COMPETITION (VIUC)

VIUC is a competition between universities from across Victoria for students to test their sparring and poomsae(form/pattern) abilities.

VARSITY COMPETITIONS

Varsity opportunities offer competitions between universities from across the nation to compete against each other for the glory and medals.

TAEKWONDO BALL

Following the success of our fifth ball, this year's ball is sure to be even bigger and better! Join us in an evening of dinner, drinks, and dancing with our fellow taekwondo clubs from other universities!



CLASSES

MONDAY 4-6pm

GAMES HALL

(Clayton Monash Sport Building 1)

WEDNESDAY 4-6pm

GAMES HALL

(Clayton Monash Sport Building 1)

FRIDAY 5-7pm

CHISHOLM HALL

(Caulfield S building)

SUNDAY 3-6pm

GROUP FITNESS STUDIO 1

(Clayton Monash Sport Building 1)



ABOUT US

Monash University Taekwondo Club offers a friendly and encouraging environment where you can get fit, flexible, and perfect your technique! We also have an excellent club culture - our Club hosts many different events for our members to get to know each other and build lifelong friendships.



RATES

	Monash	Non-Monash
Annual	\$220	\$275
Semester	\$155	\$190
Casual passes:	New	Renewal
Single session	\$12	-
5 session pass	\$60*	\$50
10 session pass	\$100*	\$90

*includes \$10 for membership