



Power with Purpose



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Making Choices

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# POWER WITH PURPOSE

## *Taekwondo*

Tournament Orientation Day

### Abstract

All competition draws fair play and dishonest behavior and it won't always go your way. In other words, sometimes people cheat so, stay humble, win or lose. Keep your dignity and consider other people's feelings and above all else, enter a tournament for the pleasure, fun, and sheer challenge of testing your personal limits.

Power W Purpose  
[info@powerwithpurpose.com.au](mailto:info@powerwithpurpose.com.au)

## Orientation Day

May 2019

**Welcome:** We're really excited to introduce you to a new beginning of tournament training. Not only will you learn the new skills required to enter tournaments, you will enhance all your other skills and senses, becoming a faster, fitter and well-rounded, fulfilled martial artist.

**Location & Times:** To start with, training will be held fortnightly and progress to weekly when we have confirmed student numbers. Held on Saturday afternoons at Shelley Public School in Blacktown from 1pm till 2pm. Again, we will introduce an additional hour with enough enrolments. We will continue to add classes and separate each discipline as the demand increases. Ultimately, we will acquire our own dedicated location.

**Class Costs:** Students will need to enroll in unlimited lessons and purchase the basic protective equipment. It is optional to purchase chest protectors and helmets. We will be supplying these items to use however; they are limited so there could be a wait between matches if you don't have your own. Equipment can be purchased through Power with Purpose individually or as a total package.

**Can I Use My Equipment in Every Tournament?** The equipment we supply will be suitable for 95% of the events that you will attend. There will always be the chance that specific tournaments will require you to use the sponsors equipment. This would only be at a high-level competition. State, national or international and then only if they enforce it.

**Daedo Equipment:** This is the electronic protective gloves and footwear that you will need to use in certain tournaments and is an additional cost however, you would not use this equipment in training or at every event. We are currently looking into purchasing all the necessary equipment to run our own tournaments. Details soon.

**What to Expect in Class?** Bring your contact equipment, weapons or partake in Taegeuk form practice. You will still need to practice your Palgwe forms in your regular class. Some classes will focus on conditioning while others will be around techniques or combinations and of course contact sparring, which will operate like our regular classes with multiple matches simultaneously.

**Additional safety:** We have purchased 100 tournament floor mats that will be used in our contact tournament training. This will ensure the best protection possible while also preparing for the real deal. We only ask for some help to pack up at the end of class.

**Weapons** Students interested in weapon training will start with the Bo staff. This is the safest weapon to start with and will enhance your dexterity and perseverance. We will introduce more weapons as your ability develops and experience grows. In other words, the more you practice the better you will get. Weapon practice will take place on the same day.

**Power Breaking** This is a very personal discipline and has wide range to compete in. From boards to tiles and brick, even glass, there's something for everyone. Again, we will start at the basic and work our way up.

**Am I Ready?** Basically, yes. All our students are well trained in Taekwondo and we would never put a student into an event that we did not feel they were ready for. Experience is the one thing that we all lack. That will change with each event that we attend which will result in more confidence.

**Will I be Alone?** No, we will always ensure at least one of the Power with Purpose Team will be with you to coach, assist and support you at any event. Hopefully it will be a team effort with several of your fellow students competing at the same tournament.

**Who Can Enter?** Anyone who is a current member or Power with Purpose and Australian Taekwondo may enter a tournament at any belt level, so long as you meet the requirements set out for the specific competition and follow to the rules and regulations of that event.

**Could I get Hurt?** Every sport from football to cricket and everything in between runs the risk of serious injury to even death so, it is possible that you could get injured. You would always compete with other students of the same ability, weight division and belt level and of course male vs male, female vs female. We will always ensure your safety is placed first.

**Costs:** We will be sourcing the most adequate Tournaments to suit our students' individual needs. All tournaments attract different costs and every discipline will have either a different or additional cost. E.g. you could start with an initial tournament fee of \$50 for the 1<sup>st</sup> event and then add \$10 for each event thereafter. Some will be considerably more. We will advertise times and costs on our website and make the information available as early as possible.

**Competing Against My Friends** All sports inspire competition and rivalry and there will be times that you will compete against a friend or even a relative, maybe even a brother or sister. No matter, the whole point to competition is to determine who has developed the greater skill and the ability to hold it together. To win and be a champion!

**Rules - You Won't Always Win!** We will adhere to the rules of the individual organizer and we will adhere to our own very specific rules and obey them without question. Bad Sportsmanship from any of our students will not be tolerated under any circumstances. All competition draws fair play and dishonest behavior and it won't always go your way. In other words, sometimes people cheat so, stay humble, win or lose. Keep your dignity and consider other people's feelings and above all else, enter a tournament for the pleasure, fun, and sheer challenge of testing your personal limits.

Should you require further information please contact **Michael Rahn 0409 928 534**

[0409 928 534](tel:0409928534)

email [info@powerwithpurpose.com.au](mailto:info@powerwithpurpose.com.au) Website <http://powerwithpurpose.com.au/>

# Tournament Training

Students Name:	Age	Current Belt	Full Contact Sparring	Forms	Breaking	Weapons
<b>Locations</b>	Shelley Public School					<b>Time</b>
<b>Day</b>	Saturday Afternoons					<b>1pm – 3pm</b>
<b>Cost</b>	Students must be on unlimited classes to attend Tournament Training Classes					

**Option 3 Unlimited Classes & Tournament Classes** (paid monthly via direct debit)

1<sup>st</sup> person \$110 per month, then \$82.50 per month for each additional person after that.  
 (Junior belts are NOT eligible to participate in Senior Belt Classes)

Basic Equipment	SMAI	Male	Female	Size XS / S /M /L	Quaintly	Amount
Forearm Guard	\$39.99					\$
Shin Guard	\$29.99					\$
Hand Guard	\$34.99					\$
Foot Protector	\$39.99					\$
Male Groin Guard	\$29.99					\$
Female Groin Guard	\$29.99					
Mouth Guard	\$14.99					\$
<b>Basic Equipment Bundle</b>	<b>\$189.94</b>					<b>\$</b>
<b>Optional</b>						
Female Breast Guard	\$47.99					\$
Helmet	\$44.99					\$
Chest Guard	\$49.99					\$
<b>Weapons</b>						
<b>Bo-Staff</b>						
4ft white wax staff	\$38.50					\$
5ft white wax staff	\$44.00					\$
6ft white wax staff	\$49.50					\$
4ft, 5ft, 6ft Demo Spiral Staff	\$88.00					\$
<b>Merchandise</b>						
Club Bag	\$39.99					\$
Adult Club Polo Shirt	\$49.99					
Child Club Polo Shirt	\$39.99					
<b>Total</b>	<b>\$</b>					<b>\$</b>
<b>Package Deal</b>	<b>\$</b>					<b>\$</b>

As an introductory incentive, we will be offering a 15% discount on all Package Deals taken before 15/06/19.  
 Alternatively, a monthly payment plan can be arranged (conditions and charges apply)

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