



Southern ITF Taekwon-Do Schedule February 2019 12 Ashbolt Crescent Lutana (Just past Cornelian Bay)



WEEK NO.	MON	TUES	WED	THUR	Friday
	4pm-5pm SITF kids white and green stripe 5pm-6pm SITF KIDS ADVANCED black stripe and above 6.00-7.30pm All Students	9.30-10.30 YOGA 3.30pm- 4.30pm SITF kids blue and red stripe	4pm-5pm SITF kids white and green stripe 5pm -6pm SITF KIDS ADVANCED black stripe and above 6.15-7.30pm beginners	4pm-5pm SITF kids blue and red stripe 6.00-7.30pm All students 7.30-8pm senior students	private lessons as requested
1	Fund/Pattern/ self defence		Fund/Pattern/ self defence	Kicking punching/ sparring	private lessons
2	Kicking punching/ sparring		Kicking punching/ sparring	Fund/Pattern/ self defence	private lessons
3	Fund/Pattern/ self defence		Fund/Pattern/ self defence	Kicking punching/ sparring	private lessons
4	Kicking punching/ sparring		Kicking punching/ sparring	Fund/Pattern/ self defence	private lessons
5	Comp/demo		Comp/demo	Comp/demo	private lessons

COST OF TRAINING	MEMBERSHIP	TRAINING/ MTH	GRADING UP TO 1 ST GUP	GRADING 1 ST GUP
WORKING ADULT	Southern ITF Joining fee Adults \$40 Children \$40 ITF Taekwon- Do Tasmania Annual fee and insurance Adults \$35 Children \$15	\$80	\$35	\$50
CHILD		\$70	\$35	\$50
CONCESSION		\$70	\$35	\$50
FAMILY OF 2		\$120	\$60	\$80
FAMILY OF 3		\$150	\$90	\$105
FAMILY OF 4		\$190	\$110	\$140
Black belts		\$100	Black belts gradings as per ITF schedule	
Kick Fit Classes	Special offer 1 st term + Uniform \$150	Term fee only \$100		
Southern ITF Kids CLASS (6- 11 YRS OLD)	Special offer Memb +dobok and 4 gradings Individual \$150 Family of 2 \$240 Family of 3 \$350	\$110/term or Family of 2 \$180/term or Family of 3 \$240/term	N/A	N/A

**Private classes available on request @\$60 /hr for members
\$80/hr non-members**

Contact Steve Weston 7th degree black belt Master instructor/examiner
Phone 62 311 040 or mob 0408 990 859 email steve@southernitf.com
Web site: www.southernitf.com

Southern ITF badged Doboks available on request @ \$65 each
Male Groin guards \$20, Shin or forearm protectors \$25 Sparring Boots/Gloves POA
Hall hire for members Individual training \$10/hour