

Training

We train throughout the year including over school holidays with the exception of public holidays. We do not train on public holidays. We also close for a month over the Christmas/New Year period, from mid-December to mid-January.

Our scheduled training sessions are shown at <https://www.hongstk.com.au/sessions.html>

I would suggest that anyone who would like to enter competitions should look at their training schedule and consult your head instructor regarding the level of training and fitness that is required.

Upcoming Events

Upcoming events planned by Taekwondo Australia are published at <https://austkd.com.au/event-information-centre/> or on <https://www.atnsw.com.au/events/> for state organized events.

Please note that should anyone wish to participate in a competition they will need to be authorized by your head coach, register on the appropriate web site, and be a member of Australian Taekwondo. People wishing to participate in competitions should contact your coach in the first instance.

Grading

We hold gradings for our athletes four times a year. You (or your child) will need to attend the Grading to progress to the next level. Attendance at grading is part of the assessment so please do not expect that you can grade if you do not attend the grading day.

Gradings for 2026 are planned as follows:

- Sunday 22 Mar 2026 – Due to a booking error this grading will be conducted during the normal training sessions in the week commencing 22 Mar 2026.
- Sunday 21 Jun 2026 – Court 4 Blacktown Leisure Center, Stanhope
- Sunday 06 Sep 2026 – Court 1 Blacktown Leisure Center, Stanhope
- Sunday 29 Nov 2026 – Court 1 Blacktown Leisure Center, Stanhope

Athletes participating in a Grading are required to wear full uniform (no T-shirts or training shirts). Please do NOT wear anything under the uniform that shows e.g. T-shirt or skivvies.

Details of grading will be handed out during training sessions in the weeks before the grading to those selected to grade. If you are not given a grading notice then you cannot grade.

Uniforms and Equipment

People wishing to purchase **uniforms** should speak to your coach. Master Hong provides quality uniforms and is very conscious of how fast children grow. Uniforms are required for training, competitions and grading.

Taekwondo **shoes** are a preferred option. However, children grow quickly and this could make them an expensive option so light weight, soft soled shoes are acceptable. Quality shoes (e.g. Adidas) can cost upwards of \$70 for children but there are shoes (quality unknown) available on the internet for \$40-60. Should you wish to purchase shoes then we can suggest where you can buy them. If you choose not to purchase Taekwondo shoes then you should ensure that shoes used for training are not rigid, are light weight, and have a soft, non-slip sole. Note that competitions participants are barefoot and if training is conducted on mats then shoes are not worn.

For most people **protective gear** is optional, however for advanced training a minimum of arm guards and shin guards are advisable. Unless you intend to enter competitions chest guards, groin guards, gloves, foot socks and head guards will not normally be required. All this equipment if purchased should be World Taekwondo Federation (WTF or WT) approved.

Your coach will be able to assist and advise in the purchase of protective gear and shoes. Alternatively, you can purchase these items at one of the martial arts shops in Sydney. If you do so then make sure that the equipment is designed for Taekwondo and WT approved.

Competitions

Competitions can provide some of the best training and experience available, however they can be a two-edged sword, and you can find yourself regretting ever thinking about competing if you are not prepared and your level of competence is inadequate. Competitions can be unforgiving if you don't have the correct level of training and fitness.

Persons wishing to enter competitions must attend the advanced training classes regularly and have the authorization of your senior coach. Please do not register for a competition before you have spoken to your coach.