



STRENGTHEN THEIR MINDS



TO BE THE LEADERS OF TOMORROW



***Impacting the lives of individuals today,
to create the leaders of tomorrow!***



Next Generation Taekwondo specialize in school-based Self-defence & Character Development programs, specifically designed for toddlers through to secondary students.

With over 30 years' experience in educating students, we have been successful in formulating dynamic, fun and highly effective curriculum which communicates a true understanding of Martial Arts and the development of key life skills and values.

The Next Generation Taekwondo program focuses on 6 key traits of Character Development, **RESPECT, COURAGE, TEAMWORK, HONESTY, TOLERANCE** and **KINDNESS**. Not only does the program enrich the lives of the individual, it also aids in reducing bullying behaviour by promoting acceptance and tolerance of one another.

Our programs are designed to suit you!

Our program coordinator's structure programs to specifically meet the requests of the school community. Whether it is a single session or an 8 week certificate course, mixed or age specific, short or long term, the Next Generation Taekwondo program will be tailored to meet your requests.

Next Generation Taekwondo programs empower every individual and leaves them with a set of skills for life!



PROGRAMS

EARLY LEARNING

The Next Generation Taekwondo Early Learning program has been specifically designed to target the milestones of early childhood development through the principles of Martial Arts training.

These areas include:

- PHYSICAL** - gross and fine motor skills, strength, balance, flexibility.
- SOCIAL** - discovering a sense of identity, building relationships with others.
- EMOTIONAL** - encouraging an understanding of diversity and differences.
- COGNITIVE** - developing basic problem-solving skills. Understanding concepts and systems.
- LANGUAGE** - establishing key communication skills.

Our focus is to reach, teach and inspire as many young people in the community with the view of creating a bully free playground in future years to come

PRIMARY SCHOOL

Taekwondo is used as a vehicle to build a better and healthier community! With a focus on the basics of Martial Arts principles and the development of easy to remember self-defence skills, the primary program also addresses the 6 key traits of the Next Generation Taekwondo program - RESPECT, COURAGE, TEAMWORK, HONESTY, TOLERANCE and KINDNESS. With easy to apply principles and proven group exercises the primary program is an essential part of the learning process.

SECONDARY SCHOOL

A popular choice amongst P.E educators! Discover the benefits of Taekwondo and the simplicity of effective self-defence training. Our secondary programs are simple and effective but promise to have the students asking for more! Short or long-term, these programs ensure all students develop a set of skills for life!

SPECIAL NEEDS

A unique and gentle approach to Martial Art tuition focusing on gross and fine motor skill development, strength, balance and flexibility whilst maintaining a sense of belonging and self-worth. Our qualified team deliver proven curriculum, both interactive and rewarding!

SPORTS DAY

Are you looking to add something extra to this year's Sports Day? Next Generation Taekwondo has the answer! Our team of fully qualified trainers are able to run continuous lessons throughout the day whilst combining all the magic of the Next Generation Taekwondo programs. A great way of empowering the entire school at once!

VACATION CARE

Are you looking for something new and exciting to include in your next school holiday timetable? Well, look no further because a Next Generation Taekwondo Vacation Care program is just what you're looking for! During the school holidays we run a unique, fun and dynamic holiday program for Vacation Care groups around the state.

We come to you and bring along a range of different training aids along with us to create the Martial Art studio experience without even leaving the school grounds! We then guide the children through a fun and interactive session including games, team building exercises, safety and self-defence drills. The program runs for 45 minutes in duration and is non-stop action-packed excitement.

CHAMPIONS 4 LIFE

Character Development - Are you looking to implement core values and respect into your classroom? The 12 months Next Generation Taekwondo worksheet program has weekly lessons and class activities which cover key topics including respect and tolerance, anti-bullying behavior and child safety!

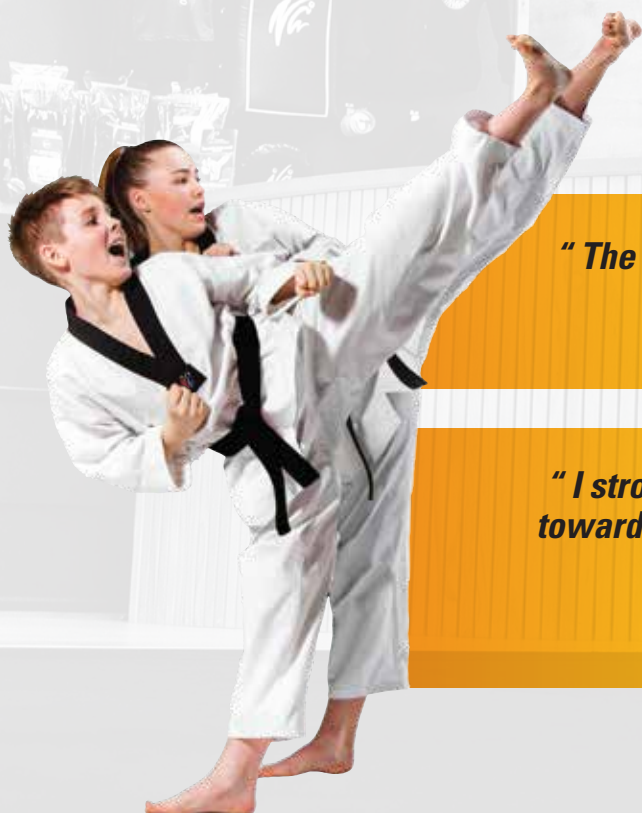
VIRTUAL NEXT GEN

Access our online content and step by step guidance to conducting your very own Next Generation Taekwondo experience! Follow the clear and simple steps and guidelines in conducting a successful program that delivers results!



**IMPACTING THE LIVES OF INDIVIDUALS TODAY
TO CREATE THE LEADERS OF TOMORROW**

***Taekwondo can help develop greater emotional stability, assertiveness,
self-confidence, and lessen aggressive feelings.
Just like exercise strengthens your body, challenges strengthen your mind.***



***" The children really enjoyed the session and were
really engaged with the activity."***

Taylor - Trinity College OSHC

***" I strongly recommend any school that is looking
towards including this in their wellbeing programs
to follow this through.***

Exceptional quality, Thank you! "

Lee - Ingle Farm Primary School

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