

START TIME	MON	TUE	WED	THU	FRI	SAT
4:30 PM						
5:30 PM						2:00–3.00 PM SPARRING CLASS JUNIOR & SENIOR ALL LEVELS @ HEIDELBERG WITH NIGEL COLLINS
6:30 PM			5:30-6:30PM POOMSAE PERFECT JUNIOR & SENIOR @ ESSENDON WITH DAN FLINT		4:30–5:30PM SPARRING JUNIOR INTRODUCTORY & DEVELOPMENT @ TULLAMARINE	2:00–3.15 PM POOMSAE JUNIOR & SENIOR CHO DAN BO ONLY PREPARATION FOR BLACK BELT FOR @ TULLAMARINE WITH MARTIN HALL
6:30 PM	6:30–7:30PM POOMSAE PERFECT JUNIOR & SENIOR —BLACK BELTS ONLY— @ BRUNSWICK WITH KELLIE SUTTON & MARTIN HALL	6:30-7:30PM POOMSAE PERFECT JUNIOR & SENIOR @ HEIDELBERG WITH BAGUS PURNOMO	6:30-7:30PM SPARRING SENIOR INTRODUCTORY & DEVELOPMENT SPARRING @ TULLAMARINE WITH ADRIAN PURIFICATO	6:30-7:30PM SPARRING BLACK BELT JUNIORS :: U 14S @ BRUNSWICK WITH WARREN HANSEN	6:30–7:30PM SPARRING & POOMSAE ALL BELTS ALL LEVELS IN @ BRUNSWICK WITH WARREN HANSEN & ZORAN BUGARSKI	2:30–3:30 PM POOMSAE PERFECT JUNIOR & SENIOR @ TULLAMARINE WITH CHRIS POPPINS LEANNE WHITEROAD
7:30 PM		7:30-8:30PM SPARRING SENIOR & ELITE ATHLETE DEVELOPMENT @ BRUNSWICK WITH WARREN HANSEN		7:30–8:30PM SPARRING BLACK BELT SENIORS:: OVER 14S @ BRUNSWICK WITH WARREN HANSEN		3:30-5:00PM SPARRING—JUNIOR & SENIOR ALL BELT LEVELS ▪ INTRO, DEVELOPMENT & ELITE SPARRING TEAMS @ TULLAMARINE WITH WARREN HANSEN
8:30 PM						4:00-5:00PM DEMO TEAM XTREME COMPULSORY TRAINING @ TULLAMARINE WITH LUKE ATKINS



**COMPETITION  
CONFIDENCE  
IN  
POOMSAE & SPARRING  
From 14 JULY 2008  
TIMETABLE  
FOR ALL CLUBS**

Phone clubs for  
more info:

**Brunswick:** 9383.5811  
**Essendon :** 9370.1099  
**Heidelberg:** 9459.3422  
**Tullamarine:** 9330.0032  
**Sunshine:** 9312.3011

Email:  
info@hallstaekwondo.com.au

