



5th
Element
Martial Arts



INFORMATION GUIDE 2024

Term 1:	Monday 15 January – Thursday 28 March
Term 2:	Monday 15 April – Sunday 23 June
Term 3:	Monday 8 July – Sunday 15 September
Term 4:	Monday 30 September – Sunday 15 December

On Site Office Hours:

Monday – Friday: 3.30-6.30pm

Formerly known as Bjorn's Taekwondo (since 1999)

FACULTY

Igor Geyl – Head Instructor

- 5th Dan Black Belt WTF Taekwondo
- 1st Dan Black Belt Korean Sword Art
- Level 4 Referee Certificate - WTF Taekwondo Tournament Competition
- First Aid Certificate
- Fitness Leader Level 1 Certificate
- Sport & Recreation Certificate 2
- 22yrs Teaching experience
- Personal Trainer - 10 years' experience
- Level 1 Acro Trainer
- Blue Card
- Multiple National Titles in Sparring, Poomsae and Power Breaking



Eliot Soo Burrows – Senior Instructor

- 4th Dan Black Belt WTF Taekwondo
- Trained with Igor for 18 years
- 60 State & National Gold Medals
- Multiple State and National Champion



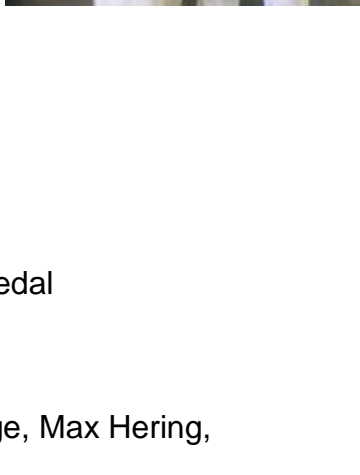
Max Wraight – Instructor

- 3rd Dan Black Belt WTF Taekwondo
- Trained with Igor for 15 years
- QLD Representative Multiple Times
- Student Teacher – 6 years experience
- 5th Element Tricking Instructor



Crystel Moore – Instructor

- 3rd Dan Black Belt WTF Taekwondo
- 14 years Taekwondo Training
- QLD Representative Multiple Times
- National Champion Poomsae 2022 & 2023



Zaine Mansfield - Instructor

- 3rd Dan Black Belt WTF Taekwondo
- 13 years Taekwondo Training
- QLD Representative Multiple Times
- National Champion Sparring 2023
- Korean Kimunhyong Cup 2023 – Bronze Medal
- Belgium Open 2023 – Silver Medal

Relief & Assistant Instructors:

Harrison Timothy, Noah Walls,, Taliah Ramage, Max Hering, Shilowyn Geyl, Mateo Enriques, Max Clancy

MARTIAL ARTS CLASSES:

KIDS/TEENS STRIKING 7+

5th Element Martial Arts Kids/Teens Striking is your answer to self-defence, anti-bullying, health and fitness for your children,

Our unique blend of Martial Arts, kickboxing, boxing and traditional Taekwondo all occurs in a fun and fitness-based environment. At 5th Element with our values instilled in the 5 Tenets of Taekwondo: Courtesy, Integrity, Perseverance, Self-control and Indomitable Spirit. These key principles underscore the – CONFIDENCE, RESPECT & DISCIPLINE of 5th Element Kids.



Our program runs in line with both the school terms and school holidays and our classes are structured to achieve results in focus, listening, attitude, awareness and teamwork.

Kids classes are from 45-75 minutes in duration.

ADULTS STRIKING (BOXING, KICKBOXING, TAEKWONDO)

Our beginner classes get you fit, strong and teach you the fundamentals of stance, footwork/movement, striking, defence, pad holding, partnered drills. These classes are designed to build your basic fitness and learn correct form with your striking techniques, footwork and defence.

You can increase your whole-body strength, tone up, get mobile, reduce stress, and have fun challenging yourself in a family friendly environment with coaches that get the best out of you.



Kickboxing and Boxing Levels commence at Beginner Level and progress through Fundamentals to, eventually (for those that choose to) active sparring.

TRADITIONAL TAEKWONDO

Progression of students through the full Taeguk Pattern system (and a few Pulgwe Patterns also) whilst undertaking effective self-defence including throws, takedowns, basic floor work, advanced kicking skills, wrist and arm locks, break-falling and multiple attacker situations as part of the grading syllabus. In addition, advanced self-defence techniques involving weapons such as knives, bats, nunchaku and guns form part of the training syllabus through the higher ranks. Tournament competition is available to students interested in pursuing the Olympic sport element of Taekwondo.



WT TAEKWONDO FIGHT CLUB

Olympic style taekwondo tournament training incorporating all elements of fitness training, specific tournament sparring drills, match strategy & ringcraft, and contact sparring (age appropriate and according to WTF regulations and best practice). Students undertaking Sparring class should be yellow belt or above. Successful competitors have the opportunity to represent 5th Element at State & National level.



BRAZILIAN JIU-JITSU

BJJ has the most developed methods of fighting while on one's back, a position weaker fighters will often find themselves in, when attacked (how many fights end up on the ground and what position do females have to defend from in the worst case scenario?!). The goal of BJJ is to submit the opponent through the use of chokehold or joint lock which is always focused on technique over power, leverage over strength. 5th Element has BJJ classes for beginners ONLY as Subonim Igor progresses under the tutelage of David King's Brazilian Jiu Jitsu Academy.



MARTIAL ARTS TRICKING/ACROBATICS

For 5 yrs+ is a training discipline that combines kicks, flips and twists from martial arts and gymnastics. It aims to achieve an aesthetic display of different combinations of "tricks". Examples of tricking techniques include the 540 kick, the corkscrew, the flash kick, the "B" (butterfly) twist and double leg.

WEAPONS

For 7yrs+ No Experience needed. Learn to use: Bo Staff, Nun chucks, Jo Staff, Karba (Scythes), Sai (Mini trident), Jingum (Korean Sword) & Ninja Stars. Class includes hand and eye exercises such as juggling.

STRETCH & STRENGTH

For EVERYONE 7yrs+ but especially FIGHT CLUB STUDENTS (POOMSAE & SPARRING). *** Enhances flexibility, improves mind and body co-ordination, increases strength through correct placement, minimizes injuries, and enhances overall performance.

PRIVATE TUITION



We will aim to keep private lessons on the same day and time, on a term by term basis for those undertaking private tuition on a permanent basis. If your lesson needs to be changed you will be contacted. Casual private tuition leading up to grading will be scheduled around permanent bookings.

Private lesson tutors generally are with Igor Geyl. In cases of emergency a substitute tutor may be utilised at the discretion of 5th Element Martial Arts.

Cost for private lessons is \$50.00 per 1/2hour or \$90.00 per 1 hour.

Private lessons will be confirmed via correspondence. Private lesson cancellations should ONLY be made via the 5th Element Martial Arts mobile phone 0488 152 166 or email to admin@5thelementmartialarts.com.au.

If you wish to make a booking for Private Lessons please contact Admin on 0488 152 166 or admin@5thelementmartialarts.com.au

STRIKING GRADINGS

Gradings will be offered 4 times a year for striking disciplines, 3 times per year for BJJ .

Gradings are by invitation only (this includes the rare case of double grading). When a student is ready Subonim (Igor) will let the student and the parent know by written invitation.

Grading dates will be set at the beginning of the year but are subject to change.

Grading will be conducted by Subonim Igor Geyl – 5th Dan, and senior black belt gradings will be under the guidance of Master Chris Blight – 8th Dan.

Students will receive an assessment (a written report), a new belt (if applicable), and embroidery (for black belts). If successful, black belts may also like to consider purchasing a new black belt taekwondo uniform to go with their new belt. Black Belts, if successful, will also receive an internationally recognized Kukkiwon Certificate from Korea (a minimum of 6 week turnaround after submission of application applies). Results will be handed out in class.

Taekwondo Dragonfly Belts and Levels	Taekwondo Belts and Levels	Boxing/Kickboxing Levels	BJJ Belt Levels
White	White	Fundamentals	White 1 - 4
Green	Yellow 1	Elementary	Blue 1 - 4
Green 1	Yellow 2	Pre-Intermediate	Purple 1 – 4
Green 2	Yellow 3	Intermediate	Brown 1 – 4
Green 3	Blue 1	Intermediate 1	Black 1 - 8
Orange	Blue 2	Intermediate 2	
Orange 1	Blue 3	Intermediate 3	BJJ Belts Kids
Orange 2	Red 1	Pre-Advanced	White 1 – 4
Orange 3	Red 2	Advanced	Grey 1 – 4
Purple	Red 3	Advanced 1	Yellow 1 – 4
Purple 1	Cho Dan Bo	Advanced 2	Orange 1 – 4
Purple 2	Black Belt	Advanced 3	Green1 – 4
Purple 3		Elite	
Little Dragons			

PRICING STRUCTURE



Prices per Student	
Total Weekly Tuition Hours	Cost Per 10 week term Per student
Up to 0.75	\$139
1	\$149
1.25	\$185
1.5	\$219
1.75	\$252
2	\$286
2.25	\$326
2.5	\$339
2.75	\$368
3	\$396
3.25	\$422
3.5	\$450
3.75	\$475
4	\$493
4.25	\$522
4.5	\$546
4.75	\$564
5	\$587
5.25	\$608
5.5	\$626
5.75	\$644
6	\$661
6.25	\$678
6.5	\$693
6.75	\$705
7	\$727
7.25	\$741
7.5	\$760
7.75	\$780
8	\$795
8.25	\$816
8.5	\$836
8.75	\$859
9	\$881
9.25	\$901
9.5	\$920
9.75	\$944
10	\$962

Term Fees & Payments

- * Classes do not operate on Public Holidays or Brisbane City Council Show Holiday however do operate on Pupil Free Days.
- * Fees are invoiced quarterly and charged at an equal amount per term regardless of term length or public holidays.
- * Invoices are emailed prior to the start of each Term and are payable by the end of Week 2 of the Term. If you have not received an invoice at the start of term, please contact us.
- * **Invoices that remain unpaid after Week 2 will incur a late fee of \$20 per student.**
- * Students with fees outstanding after Week 4 may not be permitted to participate in the class.
- * If there are problems with payments please phone Admin on 3325 3909 or 0488 152 166 for other formal arrangements to be made.

Payment Methods

- * Eftpos is available at 5th Element office and credit card payments may be made over the phone during office hours Monday – Thursday 3.30-7.30pm., Saturday 8.30-11.30am..
- * Direct Debit or Internet Banking: 5th Element Martial Arts BSB: 034-272 Account: 249-622. *Please use the student's name as a reference when depositing via internet banking.*
- * 5th Element Martial Arts will not be responsible for misplaced payments or cash sent through the mail – so please ensure all payments are made by either eftpos, direct debit, cheque or money order unless a prior arrangement has been made.
- * Dishonoured cheques will incur a \$20 administration fee.

Payment Policy

- * **Sick or Injured:** If your child is sick or injured please do not ask for a refund or a credit (see Refund policy).
- * **Cancelling Classes:** A place is automatically held each term for the current year. 2 weeks' notice (prior to the start of the term) in writing is required or a \$20 cancellation fee per class applies (maximum \$50 per student). No refunds applicable for cancelled classes.
- * **Refunds and Credits:** There is NO REFUND OR CREDIT for a student who is withdrawn from the School during a term, or is absent for any reason including illness, school trips or holidays.
- * **Make Up Classes:** Classes on Public Holidays or missed by students can be 'made up' by attending other classes of the same (or similar) level within the current term. There are no refunds or credits for missed classes or public holidays.
- * **Private lessons:** (by appointment only) Appointments may be cancelled with a minimum 24 hrs notice at no charge.
 - Less than 24 hrs notice: 50% of private lesson cost will be charged.
 - Less than 12 hrs notice: full cost is payable.
 - Payment for Private Lessons is to be handed in to Admin on OR before the day of the lesson.

Uniform requirements (to be purchased in our office – office hours Mon & Thurs 3.30-5.30pm)

- Summer & Winter Uniform – Dobok \$90 Optional Summer Uniform – Club T-Shirt \$50 & Dobok pants

Compulsory Australian Taekwondo Insurance 2024

Australian TKD Student member (Not requiring GAL) age as at the 31 Dec (MINIMUM INSURANCE REQUIREMENT BY ALL TAEKWONDO STUDENTS)

PAYABLE VIA AUSTRALIAN TAEKWONDO WEBSITE

BASIC MEMBERSHIP	\$50.00
NATIONAL ATHLETE LICENCE	\$30.00

**Australian TKD Student member Global Athlete Licence (GAL) age at 31 Dec (REQUIRED FOR INTERNATIONAL COMPETITIONS)
HEAD INSTRUCTOR TO RECOMMEND AND APPLY**

GLOBAL ATHLETE LICENCE	\$75.00
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SICKNESS POLICY

If unwell (Unless seriously ill or contagious) students should view class for choreography and visual learning to assist their technical progression. If parents DO NOT wish their child to participate in a class (view only) due to illness/injury, a written note must be provided to administration and a "sick note" will be provided for the child to submit to their teacher in class.

BULLYING POLICY **5th Element has a ZERO TOLERANCE BULLYING POLICY.**

When bullying is identified, the teacher or staff member will file a written report with administration and a letter will be sent home to parents. If behaviour continues, a meeting will be organised with parents to discuss issues and the child will be temporarily suspended from 5th Element Martial Arts. Any subsequent incident will result in immediate expulsion without further correspondence entered into. Each incident will be kept on file for future reference.

BEHAVIOUR POLICY

5th Element Martial Arts has ZERO TOLERANCE for DISRESPECTFUL BEHAVIOUR TOWARDS OUR STUDENTS & TEACHERS. This includes insolence, rude gestures and failure to follow reasonable direction.

In the first instance the teacher on duty (or staff member) will file a written report and a letter will be sent home to parents. Subonim will meet with the student to re-iterate behaviour expectations & discuss any issues. At 2nd Instance a meeting will be organised with parents to discuss issues and the child will be temporarily suspended from 5th Element Martial Arts. Any subsequent incident will result in immediate expulsion without further correspondence entered into. Each incident will be kept on file for future reference.

REFUND POLICY

Please note that we are happy to provide Refunds in accordance with the Fair Trading Act and the Entertainment Industry Code of Fair Practice.

Refunds will therefore be provided in the following circumstances:

1. When goods are returned as Faulty or Defective.
2. Goods are deemed not suitable for their intended use AND that use was made known to us at the time of purchase.
3. The goods do not match the description or they differ from the sample.
4. In the event of a performance— the event is cancelled or rescheduled.
5. In the event of a performance—the main attraction is cancelled AND a premium price has been paid due to star attraction.
6. In the event of a performance—previously undisclosed significant visual obstruction for a reserved seat reported soon after commencement.

Refunds will not be provided for the following reasons so please do not ask, as refusal may offend:

1. When the customer has changed their mind.
2. Where a customer has found the goods cheaper elsewhere or decides they cannot afford the item.
3. Where a fault was made known to a customer at the time of sale or the customer has caused the item to fail.
4. Where, due to unforeseen circumstances the customer cannot attend an event for which they have purchased tickets.

IN ADDITION:

If for reasons contrary to the above a student decides they no longer wish to continue classes with 5th Element Martial Arts, a refund will not be provided. Term fees secure a students place in class and a 'cap' on the number of students in a class means that once the maximum number of students has been reached in the class, no more students are enrolled in that particular class.

SOCIAL MEDIA POLICY

5th Element Martial Arts recognizes Social Media (Facebook, Twitter, LinkedIn, Youtube etc) as an important tool in today's technological world. However, whilst enrolled at 5th Element Martial Arts, students are NOT PERMITTED to do the following without written consent from the Principal:

- Take photos or videos of activities during 5th Element Martial Arts classes or demonstrations.
- Take photos or videos of performances, back stage or dressing room images, choreography or other 5th Element Martial Arts intellectual property.
- Post photos, videos, sensitive content or inflammatory remarks regarding 5th Element Martial Arts, 5th Element Martial Arts related activities, events or performances on social media or the internet.
- Post inflammatory remarks (or what could be considered inflammatory remarks) regarding 5th Element Martial Arts students, 5th Element Martial Arts parents, carers or guardians of enrolled students on social media or the internet.

Students, and the Parents/Carers/Guardians of students found to be acting contrary to the 5th Element Martial Arts Social Media Policy will face disciplinary action, and in some cases, may face expulsion.