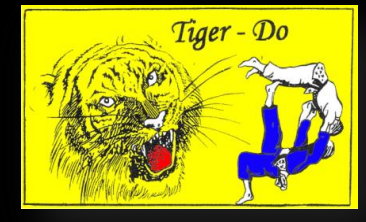
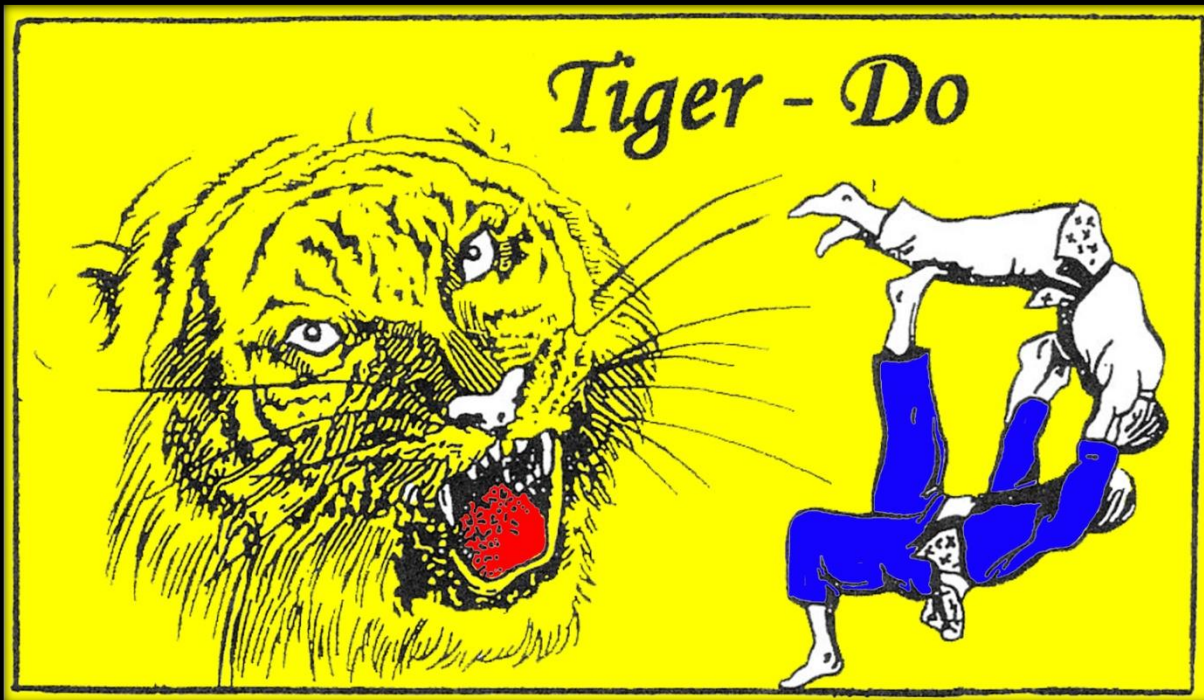
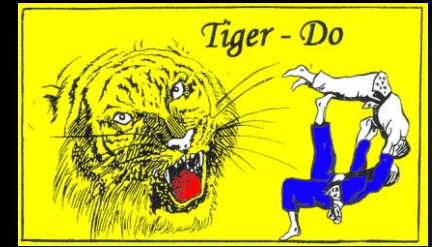


WELCOME TO TIGER-DO MARTIAL ARTS



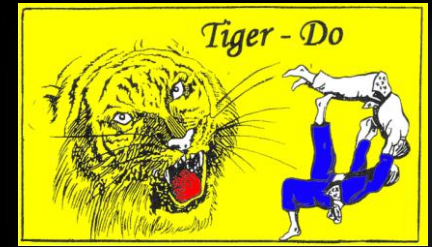
AN INTRODUCTION TO TIGER-DO



- Established in 1988 by Terry Young
- Specialising in Judo, Self-Defence & Fitness
- History of international, national & state representatives (competitors, coach, management)
- Dojo's (training halls) at Liverpool and Bankstown
- Caters for Tiger-Cubs, Tiger-Teens, Adults and Mature Adults



THE AIM OF TIGER-DO

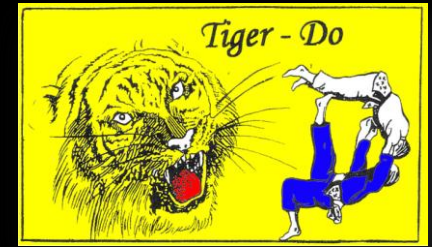


- *“Tiger-Do Martial Arts ambition is to improve the lifestyle of all participants by improving the mind and body with proper training and discipline so to become happier, healthier and so become and remain a valuable member of the community.”*

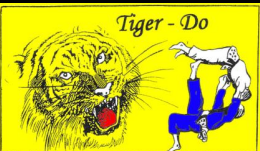
Terry Young



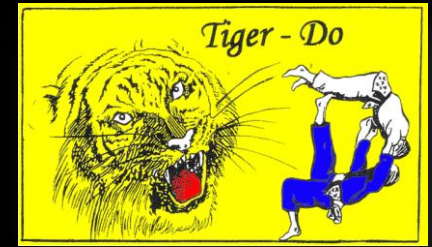
EXPERT COACHES



- Male and female coaches
- All accredited
- All Black belt and above
- Extensive international & national experience – as athletes, coaches, management officials



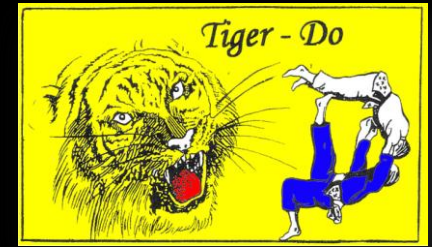
WHAT TO EXPECT?



- Knowledge & application of Judo and martial arts through the practice of throwing, grappling, defence moves and improved fitness
- Considerations of safety
- Self-improvement, achievement realisation
- Social skill development
- Promotion through structured progression (grading system)
- Opportunity for tournament and competition (if you choose this path)



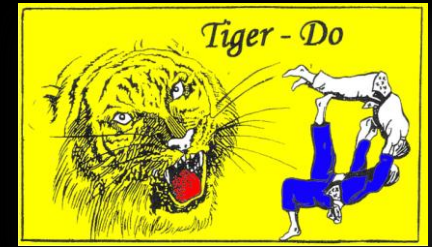
WHAT DO WE EXPECT?



- Regular attendance
- 'Try your best' attitude
- Respect – for self, coaches, training partners
- Good behaviour in the dojo and when representing Tiger-Do
- Dojo etiquette
- Code of behaviour by parents/carers and spectators (e.g. No contact with participants during class)



OTHER BENEFITS OF TIGER-DO



- Women's Self-Defence Forums
- Alumni/Supporters membership
- Volunteering opportunities – sport, community
- ODT (Outside Dojo Training)
- Networking support services – fitness, diet, academic support as examples

