



PRECISION MARTIAL ARTS ACADEMY

ROYAL GLENORA CLUB

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PMAA'S SPARRING CURRICULUM

RGC's TAEKWONDO PROGRAM

STUDENT SAFETY EQUIPMENT

Precision Martial Arts Academy (PMAA) proudly teaches Olympic Style World Taekwondo. Students will learn and develop in both Sport streams of Taekwondo; Sparring and Poomsae, along with dynamic and progressive Self-defense and Martial Arts training. Competition and High Performance Training (HPT) is an option that PMAA provides which encompasses the National Coaching Certification Program's (NCCP) Long Term Athlete Development (LTAD) and promotes being Active For Life. Once students acquire essential skills with confidence, competence and passion, in time we do encourage them to try friendly competition to be challenged and learn sportsmanship while having tons of fun in an individual sport setting.

- ALL Students at PMAA must purchase his / her own Personal Safety Equipment (Sparring Gear) within 6 months of Student Enrollment and becoming a Member.** Personal Safety Equipment at PMAA is mandatory for ALL students to develop and progress in Taekwondo, self-defense and contact sparring, as well as for safety and personal hygiene! **Students will NOT be permitted to participate in Sparring "S" Classes until they have their equipment! Please refer to PMAA's Sparring Class Calendar.**
- Students are asked to ONLY bring their Sparring Gear (gym bags) on scheduled "S" Sparring Classes. Every other night... please ONLY bring their drawstring duffel bag with uniform, belt, water bottle and boxing gloves (Juniors/Adults).

Personal Safety Equipment required for training, developing and progressing at PMAA!

ITEM	PRICE	w/GST
1. Chest Protector (reversible)	\$70.00	\$73.50
2. WT Head Gear	\$55.00	\$57.75
3. Shin/Instep Vinyl Guard	\$32.00	\$33.60
4. Fist & Forearm Guard (cloth)	\$32.00	\$33.60
5. Groin Protector (male & female)	\$28.00	\$29.40
6. Mouth Guard w/case	\$7.60	\$8.00
TOTAL PACKAGE:	\$224.⁶⁰	<u>\$235.⁸⁵</u>
With PMAA Gym Bag (\$40 + GST):	+ \$42.⁰⁰	<u>\$277.⁸⁵</u>
PMAA STUDENT TRAINING UNIFORM	\$75.⁰⁰	<u>\$78.⁷⁵</u>

