

melbourne

TAEKWONDO CENTRE



JANUARY 2014

WELCOME !!!

Welcome to the first newsletter of our new club MTC Ringwood!

On behalf of David, Jamie, and our black belt instructors Scott, Jessica, David, Michelle, Terry, Darren, Veronica and our team leaders we sincerely hope Christmas and your New Year was everything you wanted it to be and more, and it was shared with family and friends.

It's going to be an exciting year. We have juniors grading for black belts. There are branch, club, state and national competitions in fighting and Poomsae and students will be training to represent Australia in 2015. If this is something you

would like to do sign up for those classes now (we are hoping a competition patterns class will be added to the Saturday time table in the second or third term).



MARTIAL ARTS TRAINING COMPANY



Important Date:

Classes resume on Monday 10th February. See you then!

Bring a Friend Week!

Week beginning Monday 17th February is bring a friend week! Bring a friend along to training during that week and both your friend and yourself will receive a gift.

TIMETABLE

Musketeers (4 – 7yrs)	Duration: 30 minutes
Juniors (8 – 12yrs)	Duration: 45 minutes
Fight Fit (8yrs & Over)	Duration: 60 minutes
Seniors (13yrs & Over)	Duration: 60 minutes
Fight Fit (8yrs & Over)	Duration: 60 minutes
Boxing (15yrs & Over)	Duration: 45 minutes
MMA (15yrs & Over)	Duration: 45 minutes

Please phone before attending your first class to ensure that all classes are running as scheduled.

	Monday	Wednesday	Saturday
Morning Classes			
10:00AM			Musketeers / Juniors
10:45AM			Seniors
Evening Classes			
4:30PM	Musketeers	Musketeers	
5:00PM	Juniors	Juniors	
5:45PM	Fight Fit	Fight Fit	
6:45PM	Seniors	Seniors	
7:45PM	Boxing	MMA	

PROGRAMS WE OFFER:

Taekwondo

Fast paced dynamic classes focusing on the traditional Taekwondo martial art. Plenty of practical self defence techniques, fitness and fun. Each class is tailored to the age group and interests of the students.

Fight Fit

This is far more than just Taekwondo sparring! It's fun and fitness as well! Open to all Juniors and Seniors, ages 8 and up! Yellow belt (9th Gup) is the minimum grading level you must have for this class. Focus is on developing skills for Taekwondo sparring competitions.

Boxing

This awesome fast moving class works on fitness, core strength and mobility. Our qualified boxing instructors will put you through your paces, learning at the same time as getting a great workout. Open to ages 15+.

MMA - Mixed Martial Arts

The ultimate in self defence. This class takes elements of different martial arts (such as Thai Boxing, Brazilian Jujitsu, Taekwondo, Hapkido and Krav Maga) to create an all round self defence style. Open to ages 15+.

TERM 4 2013 GRADING RESULTS

Taekwondo Black Belt Gradings

All three did an amazing job. Well done again!!!

Congratulations to three of our black belts who passed their Dan Gradings:

Jessica Dodemond
3rd Dan Black Belt

David Law
3rd Dan Black Belt

Terry Davis
2nd Dan Black Belt



KIDS TAEKWONDO BIRTHDAY PARTIES

Kids Taekwondo Birthday Parties

Birthday Parties are here!

Here at MTC Ringwood we host kids Taekwondo birthday parties! So the next time you need to celebrate their special birthday we can help.

We supply our awesome venue with over 300 square metres of rubber mat-

ted surface, all the equipment, fun games, activities, entertainment, prizes and giveaways. Our expert instructors will make sure everyone has an awesome time!

The size of our venue ensures we can handle the largest birthday party, at a very affordable price.

Contact us today. Remember for current members of MTC we offer a big

discount!

As an awesome bonus every kid attending will be eligible for 1 month of free taekwondo lessons!

So call us today and book in. See you soon!

10 Maroondah Hwy
Ringwood, Vic 3134

Phone: (03) 8806 9374

E-mail: ringwood@taekwondo.com.au

We're on the web!!
Ringwoodtaekwondo.com

Membership Fees

Annual membership fees and term fees are due in the first week of training (10th February). Please talk to our staff at reception. Please note we accept all forms of payment, including EFTPOS, credit cards, cash, cheques and direct deposits.

A Final Word

We look forward to helping you on your black belt journey. Remember we are a team. Together everyone achieves more.

THE HIGHEST HONOUR AND GREATEST RESPECT YOU CAN SHOW YOUR CLUB, YOUR HEAD INSTRUCTORS AND YOUR INSTRUCTORS IS BY COMPLIMENTING AND REFERRING THIS SCHOOL TO OTHERS.

