



# Melbourne Taekwondo Centre Ringwood Branch

“Prepare for Life!”

June 2016



## Black Belt Gradings!

On the 11th and 15th of June, we have ten students (six Juniors / four Seniors) going for their black belts with Masters Marsh and Cronin judging. If you see Josh, Brodie, Cory, Jamie, Ava, Aiden, Leo, Jack, Daniel and Jeremy; please wish them the best of luck for the challenge they have ahead.

### MTC InterClub Competition

On the 22nd of May, our amazing Poomsae and Sparring teams competed at the Box Hill Aqualink and performed brilliantly.

#### For Sparring:

Tyler M. (Gold & Silver)  
Dion C. (Silver) fighting for first time.  
Tex L. (Silver)  
Ryan A. (Silver) fighting for first time.  
Sarah Aschmann (Bronze)

#### For Poomsae:

Melissa Heck (Gold x2, Silver)  
Archie H. (Silver)  
Mara Chase (Gold, Silver & Bronze)  
Ashley C. (Bronze x2)  
Caroline Jones (Gold & Silver)  
Jared J. (Silver x2)  
Elizabeth Reddie (Bronze)  
Dearne Mills (Silver)

Well done everyone!

### Congratulations David and Veronica on their marriage

The 21st of May 2016 will be a special date for David Cronin and Veronica Valdes. In a lovely ceremony and with many wonderful people, we got to witness David and Veronica say their vows, place the rings and then dance the night away after a very nice dinner.

Congratulations to a beautiful couple. Wishing you a wonderful journey as you build your new life together.

A wonderful ending to what was undoubtable the worst kept relationship secret at MTC.

A big thank you to Jamie (MC), Veronica's lovely kids - Andrea, Daniella, and Juan for looking after their wedding guests and facilitating a fantastic night.

## MTC MOVIE NIGHT

17th June 2016

G/PG Movie! Prizes! Friends!  
Martial Arts Training/Demo!  
Competitions! Snacks!  
4½ hours of fun & games!

Parents and Guardians! Its tough to have a night out these days right?! **MTC are here to help!**

We'll look after your **Little Dare Devil** for 4½ hours while you go and enjoy an evening on the town.

Its cheaper than a baby sitter, and our way of saying thanks for all your support. Yes, we'll even feed them too.

**Where:** 10 Maroondah Highway, Ringwood 3134

**When:** Friday, 17th June 2016

**Time:** 6:00pm arrive, 6:30pm start, 10:30pm finish

**Cost:** \$29 per child (TL's free, can bring 2 guests)

Go to MTC Reception desk for bookings. Please advise any allergies. Wear loose clothing.



## 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.

### 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+.

### Kick Boxing

Learn how to do various punching combinations individually and in pairs, plus strength training exercises. Every class is different! Great for all fitness levels, excellent way to lose weight, tone up, get fit, and learn self defence while training. Every session is carefully configured differently to enable you to learn a wide selection of techniques and to make every session even more stimulating. 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 Jiu-jitsu, Taekwondo, Hapkido and Krav Maga) to create an all round self defence style. Open to ages 15+. Please note; to do MMA you must do either the Boxing or Taekwondo classes.

### Master Class (Thursdays only)

A class for the Senior students (and Juniors by invitation only) focusing on the core elements of Taekwondo, techniques, and knowledge. Highly recommended for all DAN levels.

### Black Belt Class

A class specifically for the black belts focusing on black belt patterns, and advance self defence techniques. Highly recommended for all DAN levels.

### 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.

### Fight Class

Open to all Yellow 3 stripes and above (or with Instructor approval), this class focuses on developing skills for Taekwondo sparring competitions, including the Olympics. Please note class does involve full contact sparring. Always bring your protective gear!

# SBS - Stop, Breathe, Self-talk

## Class Schedule

### Monday

Musketeers	4:20pm - 4:50pm
Juniors (White-Blue1)	4:45pm - 5:30pm
Juniors (Blue2 & Up)	5:20pm - 6:05pm
Fight Fit	6:00pm - 6:30pm
Fight Class	6:00pm - 7:00pm
Seniors	7:00pm - 8:00pm
Boxing/Kick-Boxing	8:00pm - 9:00pm

### Tuesday

Musketeers	4:30pm - 5:00pm
Juniors (White-Blue1)	5:00pm - 5:45pm
Juniors (Blue2 & Up)	5:45pm - 6:30pm
Poomsae/Grading	6:30pm - 7:00pm
Seniors	7:00pm - 8:00pm
Mixed Martial Arts	8:00pm - 9:00pm

### Wednesday

Musketeers	4:20pm - 4:50pm
Juniors (White-Blue1)	4:45pm - 5:30pm
Juniors (Blue2 & Up)	5:20pm - 6:05pm
Fight Fit	6:00pm - 6:30pm
Fight Class	6:00pm - 7:00pm
Seniors	7:00pm - 8:00pm
Mixed Martial Arts	8:00pm - 9:00pm

### Thursday

Boxing	6:30pm - 7:30pm
Seniors/Master Class	7:30pm - 8:30pm
Black Belt Class	7:30pm - 8:45pm

### Saturday

Poomsae/Grading	9:00am - 10:00am
Musketeers	10:00am - 10:30am
Juniors (White-Blue1)	10:30am - 11:15am
Juniors (Blue2 & Up)	11:15am - 12:00pm
Seniors	12:00pm - 1:00pm
Black Belt Class	12:00pm - 1:15pm

## Class Duration

Musketeers (4 - 7yrs)	Duration: 30 minutes
Juniors (8 - 12yrs)	Duration: 45 minutes
Seniors (13yrs+)	Duration: 60 minutes
Fight Fit (Yellow 2 & above)	Duration: 30 minutes
Fight Class (8yrs+)	Duration: 60 minutes
Master Class (All Seniors)	Duration: 60 minutes
Black Belts (All Dan levels)	Duration: 75 minutes
Boxing (15yrs+)	Duration: 60 minutes
Kick Boxing (15yrs+)	Duration: 60 minutes
MMA (15yrs+)	Duration: 60 minutes

## Calendar & Events

### June

- 4th Black Belt Practice Grading Class
- 11th Cho Dan Bo/Black Belt grading
- 15th Taekwondo Grading
- 17th Movie Night
- 18th Team Leader Day
- 18th Bring Your Friends Week
- 20th Boxing Grading
- 20th Trip to Korea
- 22nd MMA Grading
- 23rd Finish Term 2

### July

- 9th Return from Korea
- Start Term 3
- 11th Bring-a-Friend Week
- Vic TKD Competition
- 24th Poomsae
- 31st Sparring

### September

- 7th Taekwondo Grading
- 10th MTC Games
- 10th Bring Your Friends Week
- 12th Boxing Grading
- 12th MMA Grading
- 14th Finish Term 3



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## From a Parent ...

One of my friends asked, "Why do you pay so much money for your kids to do Taekwondo?" Well I have a confession to make. I don't pay for my kids Taekwondo. Personally, I couldn't care less about Taekwondo. So if I am not paying for Taekwondo what am I paying for?

- I pay for those moments when my kids become so tired they want to quit but don't.
- I pay for those days when my kids come home from school and are "too tired" to go their club but go anyway.
- I pay for my kids to learn to be disciplined.
- I pay for my kids to learn to take care of their body.
- I pay for my kids to learn to work with others and to be good team mates.
- I pay for my kids to learn to deal with disappointment, when they don't get that belt they'd hoped for, but still have to work hard in the grading.
- I pay for my kids learn to make and accomplish goals.
- I pay for my kids to learn that it takes hours and hours and hours and hours of hard work and practice to create a black belt, and that success does not happen over night.
- I pay for the opportunity my kids have to make life-long friendships.
- I pay so that my kids can be on the mats instead of in front of a screen...

I could go on but to be short, I don't pay for Taekwondo, I pay for the opportunities that Taekwondo provides my kids to develop attributes that will serve them well throughout their lives and give them the opportunity to bless the lives of others. From what I have seen so far I think it is a great investment.

### Email addresses

Our head instructors LOVE to get emails. They like to hear feedback about the club or classes, how you're doing, see photos, videos, or just a nice how-ya-doing. Feel free to email ...

### MTC Marketing & Newsletters

Newsletter prepared by:

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Do you put your entire life on Facebook? (Its okay, everyone else does.) Then check out (and Like) the MTC Ringwood's Facebook page.  
Search for **MTC Ringwood**

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MAKING  
BRUCE LEE  
NOISES  
AT YOU

INSTRUCTORS  
30 SECONDS  
SEEMS TO  
LAST A VERY  
LONG TIME

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# IMPROVISED WEAPONS



**Everyday objects can be effective counterstrike tools!** By Michael D'Angona

It's a hot but pleasant summer day in a small, rural town. You decide to walk to the outdoor market dressed appropriately for the warm weather, just shorts and a T-shirt. As you turn down an alleyway to make a quick shortcut, you are approached by two men asking for money.

You politely turn them down, but then they become more demanding as one of the men pulls out a knife. Now what? Are you at the mercy of your assailants? Certainly not, at least as long as you remember that usable weapons are always nearby!

Improvising is the key to surviving in an uncertain world. When food is scarce, the capable survivalist will grow, forage or hunt for anything needed to feed himself or his family. The same idea can be applied to catching rainwater, digging underground, or building a natural filtration system when potable water sources are scarce. Improvising and finding a solution to problems that arise is essential for basic overall survival. What some people may not realise is that this thought process also applies to personal defence.

The vast majority of weapons carried on a person's body, whether hidden or in plain view, are pistols and knives. While carrying these weapons is an important part of a personal defence strategy, there are circumstances where you may not have a gun or knife available.

These could include places where you are prohibited (by law) from carrying them, are unable to conceal them under your clothes, or you simply forget them when you leave home in the morning. The lack of a handgun or knife, however, does not mean that you are defenceless when conflict comes your way. With a little knowledge, some basic training and an open mind you can use everyday objects you encounter to help protect you and your loved ones from an unexpected attack.

**Walking Tall** - The walking stick is an everyday accessory in many rural areas of the country, especially in locations with mountainous or uneven terrain. It provides stability when an individual traverses rocky or icy terrain or areas covered in dense vegetation. Most people that see someone using a walking stick will not give them a second look, and it's this very fact that makes it one of the most versatile defensive weapons that you can use. There is no designated handle or tip; both ends can be used for striking as well as gripping, providing options for long-range attack. Meanwhile, a wide two-handed grip allows the combination of power and precision to obtain the best results. Once the attacker is dazed from the initial strike, a follow up "butt-end" hit can be rammed into the assailant's belly or facial area, causing instant blunt trauma. Constant alternating hits from both ends of the walking stick can create a nonstop assault, which is very difficult to escape from and counter. It's this type of barrage that makes this "common stick" a dizzying weapon to face, and most attackers are not prepared to deal with such an onslaught.

**Belt Strikes** - There are three ways to use the belt during an attack. First, wrap the non-buckle end around your hand a few times and, with large overhead strikes, swing the buckle toward your attacker's head

or weapon hand (naturally, if your attacker has a gun, just give him what he wants, unless you feel he will pull the trigger no matter what he demands) and create a figure-eight motion. This keeps the weighted buckle always moving and increases the chances of getting a solid hit. Second, bend the belt in half and with the folded end deliver a series of short whipping strikes that will stun your assailant and possibly allow you the time to escape. Finally, with some advanced training, hold the belt from each end and use the length to deflect oncoming strikes as you wrap the belt around your attacker's arm or neck to gain control and ultimately subdue him.

**The Cane** - An elderly person's walking aid is one of the least expected weapons, and it can be carried virtually anywhere. Take off the rubber end cap and hold the cane just below the curved handle. Direct your strikes to the attacker's head and face, using the corner of the cane tip to deliver a precise hit. This will cause pinpoint damage, as opposed to hitting with the shaft of the cane, which could disperse the impact and decrease its effectiveness. Then move quickly down your opponent's body and hit key areas, such as the groin and knees. This will disrupt his balance and stability. Rotate the cane in your hands and, with the curved end facing outward, hook your attacker's leg and pull up and outward. This should bring him down hard to the ground.

**Mighty Pens** - They say the pen is mightier than the sword. Given the choice, I would choose the sword, but the pen can also become a powerful yet discreet weapon few attackers would notice in your hand. Hold the pen in your closed fist with one end of the pen exposed. Place your thumb for support on the opposite end. This will enable you to punch while still utilising the pen as a secondary weapon. The tip of the pen can be used to strike vital areas of your attacker, such as his eyes, throat and groin. Also, with some additional training, you can use the pen to inflict shocking pain at the sensitive pressure points in his neck, ribs and upper arm muscles. Once he is momentarily stunned by the pressure-point application, you can then follow up with additional strikes or execute a takedown or joint lock to overcome him.

**Keys To Security** - Nearly everyone carries a set of keys with them, no matter where they go. Holding your keys in your hand not only appears normal, but also belies the fact that you possess a devastating offensive weapon—ready in an instant if you are ever caught by surprise and attacked. For personal defence, let a few of the keys on the ring protrude through your fingers and press them against your knuckles for a solid hold. Allow only an inch or so to protrude in order to leave enough of the key in your hand for stability. This weapon is intended for extreme close-contact defence. Use slashing motions towards your attacker's face as well as straight jabs into his vital areas, including his eyes, throat and groin, to create stinging and intense pain. Damage to his eyes may temporarily blind him, giving you the opening to escape. Options for personal defence are all around you. The key is to have the ingenuity to alter these everyday items into life-saving weapons. All it takes is a keen eye, some creativity and a little practice to convert these common items into some of your most useful tools for personal protection.

# MTC GRADING

TAEKWONDO \* BOXING \* MMA

JUN  
2016

Students will be invited to grade by Jamie and David. Please ask any questions about your grading requirements before the grading day. **Good luck everyone!**

- ★ Make sure you pay your grading fee.
- ★ Review your grading syllabus.
- ★ Know your Korean terminology.
- ★ Blue belts and up, bring protective gear.

## Saturday, 11th June 2016

Cho Dan Bo  
& Black Belts  
Part 1

Grading starts @ 1:15pm  
*(finish approx. 4pm)*

## Wednesday, 15th June 2016

Taekwondo  
Musketees

Grading starts @ 4:15pm  
*(finish approx. 5:30pm)*

Taekwondo  
Juniors

Grading starts @ 5:45pm  
*(finish approx. 7:15pm)*

Cho Dan Bo  
& Black Belts  
Part 2

Grading starts @ 7:15pm  
*(finish approx. 8:15pm)*

Taekwondo  
Seniors

Grading starts @ 8:15pm  
*(finish approx. 9:15pm)*

## Monday, 20th June 2016

Boxing &  
Kick-boxing

Grading starts @ 7:45pm  
*(finish approx. 8:45-9pm)*

## Wednesday, 22nd June 2016

Mixed  
Martial Arts

Grading starts @ 7:45pm  
*(finish approx. 8:45-9pm)*

- ★ Please arrive **15 minutes** before the start time ★
- ★ Practice! Practice! Practice! ★

# Get your **MMA** **Black Belt** in **Six Terms!**

**MTC are running a Black Belt MMA Bridging Course valued at over \$3,500 for any and all black belt students.\***

This six term accelerated program requires commitment, and perseverance to meet the requirements needed for an MMA black belt.

The course includes Boxing, Kickboxing, Muay Thai, Wrestling, Take-down Defence, Ground and Pound, Krav Maga and Brazilian Jiu Jitsu techniques.

Starting each term with four classes available at MTC Ringwood Branch. 10 Maroondah Highway, Ringwood 3134 Nb. The compulsory class is on Wednesday night 8-9pm.

Please register your interest with MTC Ringwood reception on (03) 8806 9474.

## **Payment Options: MTC members**

One class per week:  
\$150 per term.  
Includes all coloured belt gradings.

Up to 4 classes per week:  
\$200 per term.  
Includes all coloured belt gradings

**Payment options for new students**  
Standard MTC membership and term fees.  
Includes all coloured belt gradings.

\$250 final black belt grading.

Note: Further discounts available for upfront payment of entire course.

## **Gradings and Belt Promotions**

Please note it is not automatic that students will grade at the end of every term. Students are invited to grade by the Head Instructor once they are ready. Generally speaking to be eligible to sit a full belt grading the student will have attended at least **70%** of their scheduled classes during the term. In addition, Students are only invited to grade if the Head Instructor is confident the student will pass the grading at a sufficient standard.

This means the student must not only know and demonstrate the grading material, but also have the required skill level. Factors are taken into account include not only physical skills, but also attitude, general knowledge, presentation, etiquette, dedication, time spent helping in class and contribution to the club. Other factors taken into account include the age of the student, any physical injuries or other disadvantages the student may have. Prior martial arts experience and general aptitude are factors which may accelerate the student's progress.

In cases where the student has missed too many classes or has not quite reached the level required they may be invited to sit a part grading, where they only have to demonstrate some of the grading material.

**When in doubt please discuss with the Head Instructors.**

**He who masters distance,  
Masters combat.**

**- Professor Salem Assli**

## **Bring a Friend, Relative, Anyone!!**

We need you, yes you, the parents, the students, the instructors, everyone! The club is doing well but we could do so much better. We humbly ask you to help promote the club; refer friends, ask co-workers, invite relatives, and more. If they have two feet and can follow instructions, they'll love Taekwondo.

Tell everyone how much fun you (or your kids are having) with Jamie and David. How you feel so much more confident with your knowledge of self defence. How fit you feel from pounding a punching bag with strikes and kicks.

The camaraderie with the other students. Preparing for the grading at the end of each term, and how awesome it is achieving your next level, be it a stripe or a new belt colour.

Tell them how great this club is. We all know it, now we need everyone else to know it. :)

If you want to take posters or flyers with you to work, school, or any places you love to frequent; we would really appreciate it.

Thank you; Jamie, David and the MTC Team.