



Melbourne Taekwondo Centre Ringwood Branch

"Prepare for Life!"

March 2017



TVI MOOMBA OPEN COMPETITION

Congratulations to the Poomsae/Sparring team who represented the club at Moomba on Sunday (19th March).

Poomsae: Singles - Mel Heck (Gold), Archie Heck (Bronze). Family - Mel/Archie (4th). **Sparring:** Josh Hale (Gold), Ryan Ampognam (Gold x 3), Tyler Marsh (Silver), Sarah Aschmann (Silver), Sebastian Jensen (Silver).

Congratulations everyone! Well done!



MARTIAL ARTS TRAINING COMPANY
BELT-UP!
SCHOOL HOLIDAY PROGRAM
with free extra grading*

Back by popular demand, MTC Ringwood's Belt-Up holiday program is running over the school holidays.

- Ideal for students who want to accelerate their Taekwondo skills
- Perfect for people who are beginners.
- Great for ALL teams leaders, Musketeers and Juniors
- Stacks of games, heaps of fun, lots of prizes everyday!

WHEN: 3rd to 7th April 2017.

TIME: Musketeers 10am-11am,
Juniors 11am-12:30pm.
Cho Dan Bo/BB 11am-1pm.

COST: Musketeers \$135 each.
Juniors \$155 each.
Cho Dan Bo/BB \$155 each.

(*\$55 grading cost included. Grading not available to Red 3s and above.)

REQUIREMENTS:

- Students must complete all classes to be eligible for a boost or full stripe.
- Class times are subject to change based on student numbers.
- Beginners to Yellow 2 eligible for a boost/full stripe. Yellow 3 to Red 2 eligible for boost grading only.
- Payment must be finalised by 29th March. If insufficient numbers the program will be cancelled and a full refund issued. Parents will be notified prior to the start date if the course is going ahead.

**LIMITED SPACES AVAILABLE.
PLEASE BOOK EARLY.**

MTC FIGHT DAY

Sparring competitors from all the MTC clubs came together to see who is the best of the best. The showdown was on the 4th March and attended to by over eighty people, including parents and supporters. The referees were shown some amazing skills, courage, techniques and combinations. Well done to all those who attended, competed and won certificates.

To any and all students who are interested in participating in the next Fight Day (scheduled for 13th May) please discuss your entry with Master Jamie Marsh. You also need to be attending the Fight Class on Mondays and/ or Wednesdays. This competition is fun, challenging and will help prepare you for open sparring competitions in the future.



MOVIE NIGHT
31st March 2017
MOVIE. FUN. GAMES. PRIZES



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.

Little Dragons

Little Dragons is pre-school education program. A perfect pathway for young children to build confidence and self esteem while learning to work as a team. Little Dragons will improve concentration and stamina, promote confidence, and develop flexibility and balance.

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 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!

**Never be afraid to ask a question,
but first seek the answer out yourself.**

Class Schedule

Monday

Musketeers	4:15pm - 4:45pm
Juniors (White-Blue 1)	4:40pm - 5:25pm
Juniors (Blue 2-Black)	5:20pm - 6:05pm
Fight Class	6:00pm - 7:00pm
Seniors	7:00pm - 8:00pm
Boxing/Kick Boxing	8:00pm - 9:00pm

Tuesday

Musketeers	5:00pm - 5:30pm
Juniors	5:30pm - 6:15pm
Poomsae/Grading	6:15pm - 6:45pm
Weapons	6:45pm - 7:00pm
Seniors	7:00pm - 8:00pm
Mixed Martial Arts	8:00pm - 9:00pm

Wednesday

Musketeers	4:15pm - 4:45pm
Juniors (White-Blue 1)	4:40pm - 5:25pm
Juniors (Blue 2-Black)	5:20pm - 6:05pm
Fight Class	6:00pm - 7:00pm
Seniors	7:00pm - 8:00pm
Mixed Martial Arts	8:00pm - 9:00pm

Thursday

Little Dragons	4:30pm - 5:00pm
Musketeers	5:00pm - 5:30pm
Juniors	5:30pm - 6:15pm
Weapons	6:15pm - 6:30pm
Boxing/Kick Boxing	6:30pm - 7:30pm
Seniors	7:30pm - 8:30pm
Black Belt Class	7:30pm - 8:45pm

Saturday

Poomsae/Grading	8:45am - 9:30am
Little Dragons	9:30am - 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

Little Dragons (2 – 5yrs)	Duration: 30 minutes
Musketeers (4 – 7yrs)	Duration: 30 minutes
Juniors (8 – 12yrs)	Duration: 45 minutes
Seniors (13yrs+)	Duration: 60 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

March

25th Team Leader/Instructor Seminar
27th Boxing/Kick Boxing Grading
29th MMA Grading

31st Term 1 Ends
31st Movie Night

April

3rd Belt-Up School Holiday Program (finishes 7th)
17th Easter Monday (No Classes)

18th Term 2 Starts
24th MTC Closed
25th Anzac Day (No Classes)
26th Bring-Your-Friends Week (finishes 30th)

May

13th MTC Fight Day
21st MTC InterClub

June

12th Queens Birthday (No Classes)
17th Taekwondo Grading
21st Taekwondo Grading
24th Bring-Your-Friends Week (finishes 30th)
24th Team Leader Day
26th Boxing/Kick Boxing Grading
28th MMA Grading
30th Term 2 Ends

Be respectful of other styles, though someone else's technique is not the way you learned, it does not mean that it is incorrect in that persons school.

Little Dragons Syllabus

Master Jamie Marsh and Senior Instructor Paul Corrigan have been working hard on the Little Dragon's Syllabus. This outlines to both students and parents what is taught in the Little Dragon's class, how students are evaluated during the grading, and what parents can expect their children to learn from the class. The syllabus will be available in term 2 for existing and new students. If you have any questions please talk with Jamie and/or Paul.



MTC Videos for Sale

MTC record all the main MTC events, especially the Gradings. If you or your child would like a copy of the video they are available from reception. As the videos take time to put together we ask for a donation for each video. Money collected will go into the MTC Competitor's Fund. A poster at the reception desk shows which videos are available. Videos are 720p MP4 on a USB memory stick - compatible with Windows, Apple Mac and Linux. If you have any questions regarding the videos, please contact reception who will be happy to assist.

MTC Photo Gallery on the Website

In addition to recording video we also take a ton of photos of all our events too. To see these, please go to the martialarts.com.au website, and click on the Gallery menu. Enjoy!



You are not as good as you think you are, NEVER stop improving.

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.

Student Section on the Website

Our student section harbours a heap of Taekwondo and Martial Arts material. Ranging from the syllabus we teach, to the Poomsae patterns, newsletters, information for Team Leaders and Weapons. We're always adding more to the Student area. However if you think we're missing some useful information that can help you with your Martial Arts journey, please let one of the instructors know, or provide feedback to MTC reception. We're always happy to help.

Feeling Blue, a lot?

Are you finding you're feeling sad a lot? Maybe under constant pressure from school? Family pressures? Talk to someone about it. Feeling sad and/or stressed is okay, but not for long periods of time. Talk your parents, maybe a trusted friend, a teacher, or even your instructor. Talk to someone - it makes a difference.

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

MTC Marketing & Newsletters

Newsletter prepared by Paul Corrigan.

Editors: Jamie Marsh and David Cronin.