



Melbourne Taekwondo Centre Ringwood Branch

"Prepare for Life!"
June 2017



AMAZING COMPETITION RESULTS

Congratulations to our amazing fighters and Poomsae competitors in the Fight Club, MTC InterClub and TVI Invitational competitions this term. Everyone did really well. See page 3 for more information. If you'd like to get involved in the competitions, please speak with the instructors or reception.

FIRST AID COURSE

At the end of April Gerald from Mica ran a First Aid course for CPR certificate renewal and Level 2 certificate. Attended by most of the instructors from the MTC clubs, it was a great success. We hope this becomes a regular course at MTC. Students and parents are welcome to attend - please keep an eye out for posters for the next course.

TEAM LEADER DAY

Here at MTC we **LOVE** our team leaders. They give back to the club by helping out in class, and also special events like birthdays, movie nights, etc. It's a tough job as we expect a much higher standard from our team leaders - and all of them met the challenge this year.

To honour and show our appreciation to the team leaders we are having a Team Leader Day on the 24th June from 1:15pm to 3:30pm where TL's will battle it out for supremacy in Nerf Wars. Followed by food and drink games.

It's a lot of fun and we encourage all team leaders to attend. See our website for further information. If you or your child is interested in becoming a team leader, please talk with one of the instructors or black belts.



Want to keep up-to-date with MTC events, news, results and photos? Look no further than our new MTC App. Go to our website martialarts.com.au and click on the MTC App link. Available to iOS and Android.

NOTIFICATIONS OF EVENTS

MTC uses three main systems to notify students and parents of news, events, public holidays, courses, etc. Our website is our One-Stop-Shop for everything we have and do. Although we send out notifications via our Facebook page we've found it is a case of hit or miss if students/parents see the information. To that end we **highly recommend to everyone to download the MTC App** to ensure they're kept up to date with all MTC news, events and notifications.



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 4th to 10th July 2017.

TIME Musketeers 9am-10am.
Juniors 10am-11:30am.

COST Musketeers \$145 each.
Juniors \$165 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.
- Students may only achieve a maximum of two full stripe gradings per year under the Belt Up program.
- Beginners to Yellow 2 are eligible for a boost/full stripe. Yellow 3 to Red 2 are eligible for boost grading only.
- Payment must be **finalised by 28th June**.
- If we don't have enough students attending, the program will not run and a full refund issued. Parents will be notified a week before the start date.

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

**IF YOU DON'T
LIKE WHERE
YOU ARE,
CHANGE IT.
YOU'RE NOT A
TREE.**

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!

Your Goals Don't Care How You Feel

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

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

July

- 17th Term 3 Starts
- 24th Bring-Your-Friends Week (finishes 30th)

August

- 12th MTC Fight Club
- 26th MTC Games

September

- 9th Taekwondo Grading
- 13th Taekwondo Grading
- 16th Bring-Your-Friends Week (finishes 22nd)
- 16th Team Leader/Instructor Seminar
- 18th Boxing/Kick Boxing Grading
- 20th MMA Grading
- 22nd Term 3 Ends

Never look down on someone unless you're helping them up.

TVI Invitational

Well done to the competitors who attended the TVI Invitational Competition (4th June, 2017). Everyone did really well. Congratulations everyone!

Sparring

Sebastian won Gold & Silver.

Sarah won Gold.

Ryan won Gold.

Nathan won Silver.

Jack won Silver.

Ben won Bronze.

Sofia won Bronze.



Fight Club

The once a term team battle between the reds and the blues was held on May 13th, 2017. Over eighty plus fighters of all levels and skills got together to see who was the best of the best, and displayed a very impressive mix of Taekwondo skill, courage and determination. The event was loads of fun, and everyone had a great time. Congratulations everyone!

The next fight club event will be held on **August 12th**. See you there!



InterClub Comp

We had a number of students attend the MTC InterClub Competition on the 21st of May. All our competitors came back with an array of medals and trophies, a lots of hard earned experience.



Poomsae (Solo event)

Eloise won Bronze.

Ava won Silver.

Paul won Silver & Bronze.

Tyler won Bronze.

Jack won Silver.

Zane won Bronze.

Poomsae (Team event)

Ava and Paul won Gold.



Sparring

Sebastian won Silver.

Ben won Bronze.

Jack won Gold.

Tyler won Silver.

Ryan won Gold.

Nathan won Gold.

Sarah won two Silver.

Sofia won Silver.



Well done everyone!



POOMSAE STANCES

IN RELATION TO GUIDE LINE METHOD

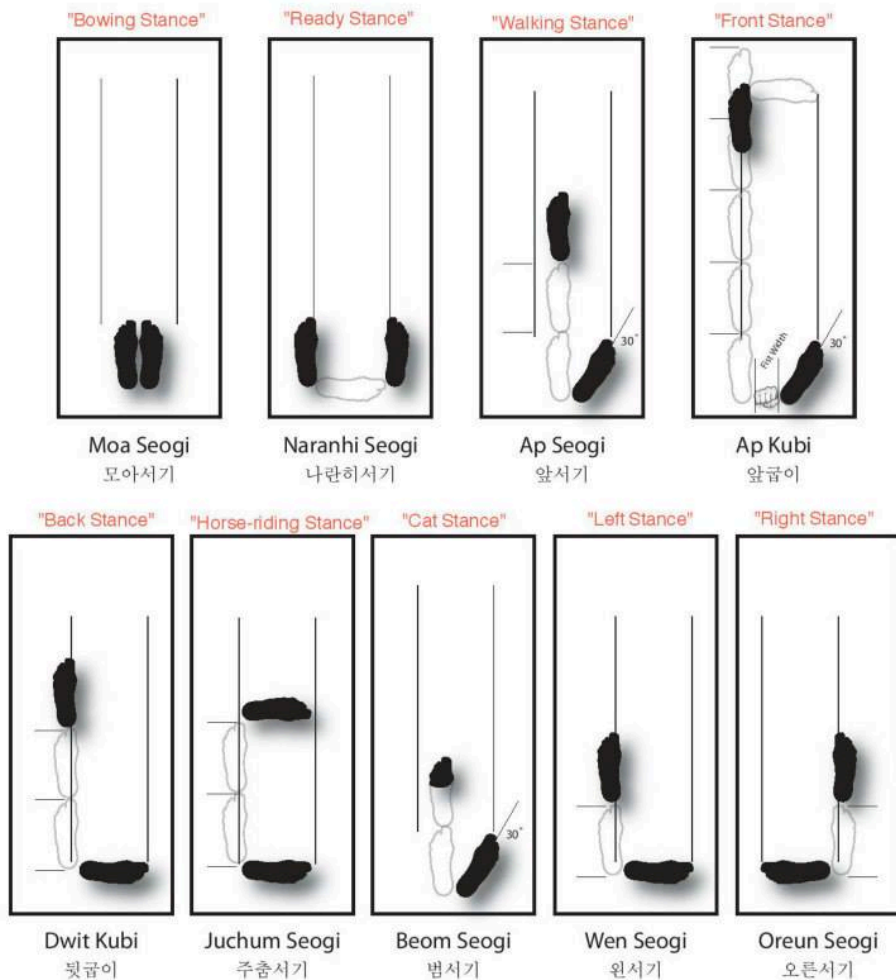
Gradings and Belt Promotions

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.

MTC Marketing & Newsletters

Newsletter prepared by Paul Corrigan.
Editors: Jamie Marsh and David Cronin.



A year will not make you a master. Foundations are best built over time. Be patient and enjoy the process, you will still have "aha!" moments even after decades.

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.