



Melbourne Taekwondo Centre Ringwood Branch



"Prepare for Life!"
September 2017

NATIONAL SELECTIONS 2017

Well done to those who have trained hard for the STV Selections Competition in September. Jamie and David were very proud of their Sparring and Poomsae teams. Congratulations to everyone who competed.

POOMSAE PATTERNS

Archie Heck - Family Poomsae (Silver)
Caroline Jones - Individual (Silver)
Jeremy Shum - Individual (Silver)
Elliott Lee - Individual (Gold)
Eloise Jefferies - Individual - 5th
Mel Heck - Individual, Freestyle (Gold),
and Family Poomsae (Silver)

SPARRING / FIGHTING

Ben St Clair - (Bronze)
Jack Haward - 4th
Nathan Milligan - (Silver)
Sarah Aschmann - 4th
Sebastian Jensen - (Gold and Silver)
Sofia Heldmark - (Gold)
Tyler Marsh - (Gold)

INSTRUCTORS/WEAPONS SEMINARS

Twice a year MTC Ringwood offers two free seminars for red belt students and above, also team leaders and instructors of all levels, to attend their Instructor and Weapons seminars. Jamie and David will teach the main components of the MTC syllabus, including how to teach to an individual, a group and a whole class. This is a great opportunity for aspiring instructors and team leaders to ask how they can improve their skills in communications, demonstration and knowledge.

Additionally Jamie teaches the weapons syllabus to start the groundwork for students in the basics such as stances, movements and weapons management. We initially teach the Bo stick, then as the student progresses move to sword, stick and knife. We do have other weapons which students can learn under strict supervision of the instructors.

CAR PARKING

We're very happy to see that the car parking is now mostly freed up since the train station redevelopment has been completed. On the odd occasion that the main car is full, parking can also be found alongside and behind the Highbury Plumbing building. We also have the car park next door which will generally always have available spots.

BRING YOUR FRIENDS WEEK

We think our club is pretty awesome and we'd love to see it grow. To do that we ask if you could share MTC with friends who are looking to get into a great sport, that includes learning self defence & amazing kicks in a fun, motivating environment. We have bring-your-friends week twice a term however you can bring along friends at anytime for a two week free trial.

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 2nd to 6th October 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 21st September**.
- 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.**

Even Monkeys Fall From Trees.
- Japanese Proverb

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!

NO CHALLENGE = NO CHANGE

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

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

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

September

- 13th Taekwondo Grading
- 16th Taekwondo Grading
- 16th Bring-Your-Friends Week (finishes 22nd)
- 16th Team Leader/Instructor Seminar
- 18th Boxing/Kick Boxing Grading
- 20th MMA Grading
- 21st Term 3 Ends

October

- 2nd Belt-Up (finishes 6th)
- 6th 2017 Nationals Championships (finishes 8th)
- 9th Term 4 Starts
- 16th Bring-Your-Friends Week (finishes 22nd)

November

- 4th MTC Fight Club
- 6th Day before Melbourne Cup Day (No classes)
- 7th Melbourne Cup Day (No classes)

December

- TBA Taekwondo Grading
- 9th Bring-Your-Friends Week (finishes 13th)
- TBA Boxing/Kick Boxing Grading
- TBA MMA Grading
- 14th Term 4 Ends
- 15th Movie Night



MTC GAMES



The Immortals. From left: Jared (Captain), Emma, Sophie, Ethan & Ila.



On Saturday the 26th of August, the MTC Games was besieged by the toughest, roughest, and most powerful of Taekwondo practitioners, and people who just amazing. The judges got to watch (and score) people of all age levels, perform in events of fitness, flexibility, strength, stamina, endurance, etc. Well done everyone!

OVERALL WINNERS

Winners (Immortals) won with 28 points out of a maximum 36. The team members were: Jared (Captain), Emma, Ethan, Sophie and Ila.

Second (Knights) with 27 points. Amy (Captain), Brock, Lachlan, Cooper and Ella.

Third (Spartans) with 22 points. Tyler (Captain), Archie, Elii, Jackson and Cameron.

Fourth (Vikings) with 21 points. Jack (Captain), Kate, Alexia, Alex and Izabella.

Fifth (Samurai) with 16 points. Ava (Captain), Lucy, Zane, Thomas and Aaron.

Sixth (Gladiators) with 12 points. Hunter (Captain), Chanhee, Nathan and Luke.

The Jumping front kick competition was won by Ella, Cameron and Sebastian.

A big thank you to Jamie, Paul, Caroline, Sarah, Tony, Julian, Sebastian, and Elliot for coordinating the events, scoring, and just being fantastic!



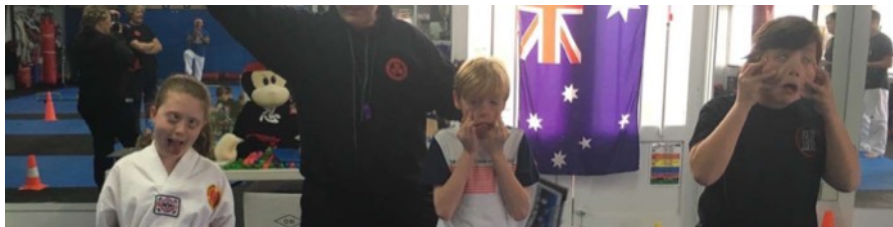
The Jumping Front Kick Competition Warm-up.



The Vikings showing off their Planking skills during the Strength event.



Ella demonstrating her loudest ki-hap. Hunter is very cool with the wall-sit event. The host with the most - Master Jamie Marsh.



The Winners of the Funny-Faces competition.

MTC FIGHT CLUB

The once a term team battle between the reds and the blues was held on August 12th. 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 **November 4th**. See you there!



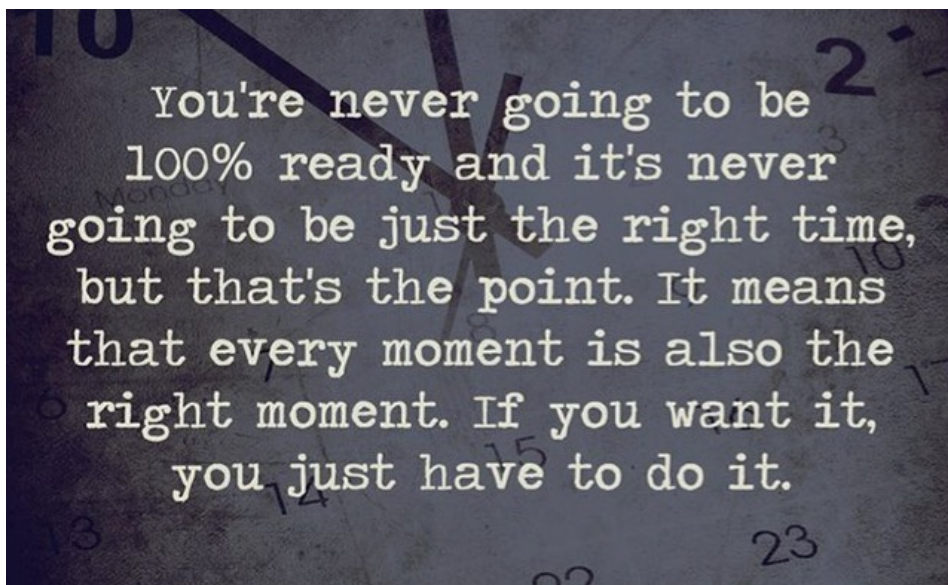


Code of Conduct

Martial Arts Training Company (Melbourne Taekwondo Centre Ringwood) is proudly a member of Australian Taekwondo, the national association for Taekwondo in Australia. As such we are affiliated with the Australian Sports Commission, the Australian Olympic Committee and the World Taekwondo Federation. We are also members of Martial Arts Australia. We offer pathways for our members as officials and athletes to competitions at all levels including the Australian Taekwondo Championships, the World Taekwondo Championships and the Olympic Games.

In **2016 Olympian Carmen Marton** from Melbourne Taekwondo Centre became the World Taekwondo Champion in Taekwondo sparring. **Master Bronwyn Butterworth** from our Doncaster Branch is the current World Champion (2017) in Taekwondo Poomsae (Patterns).

Occasionally it is worth remembering that with these privileges we also have corresponding responsibilities. Among these is a Code of Conduct that is compulsory for all members to follow. Our code of conduct policies can be viewed on our website. They should be read, understood and followed by all members, parents, officials, athletes, friends and spectators at all times and in all respects. This not only includes conduct at competitions but also conduct at any MTC venue or event. This includes attendance or contact with any MTC instructor or staff member at all times.



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.



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.*

MTC Marketing & Newsletters

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

Student Section (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.