



Melbourne Taekwondo Centre - Ringwood Branch

“Prepare for Life!”
September 2014



September Gradings!

The MTC Ringwood club will be running the September grading on the 10th (Wednesday.) Please ensure all your grading and term fees are paid in full, read the syllabus, and practice like there is no tomorrow. Ask Jamie or David any questions about your grading.



New 5th & 6th Dan Black Belts!

On a warmish Sunday afternoon (24th August 2014), the MTC's Senior Black Belt grading was held. The battle was intense, chaotic and sent most domestic animals scurrying to hide under their beds. Emerging from the aftermath came four brand new 6th Dan black belts, and three new 5th Dan black belts. Congratulations guys!!

William Howden	(6th Dan)
Anthony Brooks	(6th Dan)
David Cronin	(6th Dan)
Jamie Marsh	(6th Dan)
Toohey Choundary	(5th Dan)
Derek Upward	(5th Dan)
Mark Nolasco	(5th Dan)

Kids Taekwondo Birthday Parties

Birthday Parties are here!

Did you know we host kids Taekwondo birthday parties?! We do! 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 matted surface, all the equipment, fun games, activities, entertainment, prizes and giveaways.



Health and Safety!

Taekwondo, MMA and Boxing are great ways to get fit, learn and have fun. Over the last few weeks we've had a few minor injuries; to keep everyone safe, please remember to warm up, stretch properly, and drink plenty of water.

Where is Daniel M?

Daniel Menzies is currently resting due to a basketball injury to his leg. But don't worry, he'll be back soon. Rest up buddy!

Ice Bucket Challenge

A man with no fear of icy freezing cold water, Mr Mark Nolasco took up the ALS challenge (after being nominated by one of his students.) **Way to go Mark!**

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!

Membership Fees

Annual membership fees and/or term fees are due in the first week of training (6th October). Please talk to our staff at reception. Please note we accept all forms of payment, including EFTPOS, credit cards, cash, cheques and direct deposits.

Bring a Friend Week!

Every week is now bring a friend week! Bring a friend along to training during that week and both your friend and yourself will receive a gift.

Remember: If you have a great time, tell someone; if you don't have fun, keep it a secret!



Chagi, Maghi, Chariot,
Kyong Ne, and all those
really cool Korean words!

Open Victorian Taekwondo Championships



Emily Moore (Bronze), Luke Krausnik (Gold), and Jamie Marsh.

Earlier this term club members **Emily Moore** and **Luke Krausnik** competed in the Sparring events for the Victorian Open Taekwondo Championships. Emily did brilliantly, walking away with a bronze medal, while the amazing Luke won gold. (27th July 2014)

Congratulations Emily and Luke!



Jamie giving Luke some Sparring tips.

MTC InterClub Tournament

On the last day of August the MTC's Ringwood branch had five competitors in the MTC's InterClub Tournament, coming back with a fantastic result.

In Sparring, both **Jessica Willems** and **Emily Moore** did very well. Jessica winning Gold and Emily winning Silver. For the Poomsae event, **Ava Corrigan** and **Tex Langford** both won a Silver medal for their respective events, along with **Emily Moore**, **Dearne Mills** and **Paul Corrigan** all winning Gold.

Fantastic effort guys! Well done!



Paul Corrigan (Gold), Dearne Mills (Gold) and Tex Langford (Silver) for their Poomsae forms.



Paul Corrigan (Gold) and Ava Corrigan (Silver) for Poomsae.



Jessica Willems (Gold) and Emily Moore (Silver) celebrating their victories.



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.

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!

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 Jujitsu, Taekwondo, Hapkido and Krav Maga) to create an all round self defence style. Open to ages 15+.



Studying Martial Arts.

To me, the extraordinary aspect of martial arts lies in its simplicity. The easy way is also the right way, and martial arts is nothing at all special; the closer to the true way of martial arts, the less wastage of expression there is. - Bruce Lee

Self Defence Only.

We learn martial arts as helping weakness. You never fight for people to get hurt. You're always helping people. - Jackie Chan



Eat your fruits and vegetables!

Take care of your body.
Its the only place you have to live in.

Class Schedule (Starting Term 4)

Monday:	Musketeers	4:30pm - 5:00pm
	Juniors	5:00pm - 5:45pm
	Fight Fit	5:45pm - 6:15pm
	Fight Class	5:45pm - 6:45pm
	Seniors	6:45pm - 7:45pm
	Boxing	7:45pm - 8:45pm
Wednesday:	Musketeers	4:30pm - 5:00pm
	Juniors	5:00pm - 5:45pm
	Fight Fit	5:45pm - 6:15pm
	Fight Class	5:45pm - 6:45pm
	Seniors	6:45pm - 7:45pm
	MMA	7:45pm - 8:45pm
Saturday:	Musketeers	10:00am - 10:30am
	Juniors	10:30am - 11:15am
	Seniors	11:15am - 12:15pm

Class Duration

Musketeers (4 – 7yrs)	Duration: 30 minutes
Juniors (8 – 12yrs)	Duration: 45 minutes
Fight Fit (8yrs & Over)	Duration: 30 minutes
Fight Class (8yrs & Over)	Duration: 60 minutes
Seniors (13yrs & Over)	Duration: 60 minutes
Fight Fit (8yrs & Over)	Duration: 60 minutes
Boxing (15yrs & Over)	Duration: 45 minutes
Kick Boxing (15yrs & Over)	Duration: 75 minutes
MMA (15yrs & Over)	Duration: 45 minutes



Taekwondo in Modern Times

In the modern times of Korea, the Chosun dynasty [1392-1910] the imperial Korea and the Japanese colonial rule until 1945, Taekwondo was rather called "subakhui" than "Taekkyon" and it suffered an eventual loss of official support from the central government as the weapons were modernized for national defense, although the subkhui was still popular in the early days of Chosun.

The Chosun dynasty was founded on the ideology of Confucianism, which resulted in rejecting Buddhism and giving more importance on literary art than martial art. Nonetheless, the Annals of Chosun Dynasty tells about the contests of subakhui ordered by local officials for the purpose of selecting soldiers and others ordered by the kings who enjoyed watching subakhui contests at the times of feasts. It was also ruled by the defense department that a soldier should be employed when he wins three other contestants in the subakhui bouts. However, as the government progressed, the government officials began to lay more importance on power struggles than on the interest of defense, naturally neglecting promotion of martial arts.

Then, it was only in the days of King Jungjo after the disgraceful invasion of Korea by the Japanese [1592] that the royal government revived strong defense measures by strengthening military training and martial art practice. Around this period there was a publication of the so-called "Muyedobo-Tongji," a book of martial art illustrations, which 4th volume entitled "hand-fighting techniques" contained the illustration of 38 motions, exactly resembling today's Taekwondo poomsae and basic movements,

although those motions cannot be compared with today's Taekwondo poomsae, which has been modernized through scientific studies.

Even under the Japanese colonial rule, some famous Korean writers, such as Shin Chae- Ho and Choi Nam-Sun, mentioned about Taekwondo, saying "present subak prevailing in Seoul came from the sunbae in the Koguryo dynasty," and "subak is like today's Taekkyon which was originally practiced as martial art but is now played mostly by children as games."

However, the Japanese colonial government totally prohibited all folkloric games including Taekkyon in the process of suppressing the Korean people. The martial art Taekkyon [Taekwondo] had been secretly handed down only by the masters of the art until the liberation of the country in 1945. Song Duk-Ki, one of the then masters testifies that his master was Im Ho who was reputed for his excellent skills of Taekkyon, "jumping over the walls and running through the wood just like a tiger." (explanation of taekkon techniques in muyedobo-tongji (general illustrations of techniques) (scene of contest).

At the time, 14 terms of techniques were used representing 5 kicking patterns, 4 hand techniques, 3 pushing-down-the-heel patterns, 1 turning-over-kick pattern and 1 technique of downing-the-whole-body. Also noteworthy is the use the term "poom" which signified a face-to-face stance preparing for a fight. The masters of Taekkyon were also under constant threat of imprisonment, which resulted in an eventual of Taekkyon as popular games.

http://www.wtf.org/wtf_eng/site/about_tae/wtf/modern_times.html

Calendar, Events and Other Important Stuff You Need to Know About:

August

31st - IntraClub Tournament

September

10th - Grading (Taekwondo)
15th - Grading (Boxing)
17th - Grading (MMA)
17th - Last Class for Term 3
19th - Movie Night

October

6th - Term 4 Begins



Are you an avid Facebook user? Do you posts photos of yours meals, pets and selfies? ... Then check out (and Like) the MTC Ringwood's Facebook page:

<https://www.facebook.com/ringwoodtaekwondo>



What Are The Benefits Of Taekwondo For Children Today?

After all taekwondo is a traditional Korean martial art. And what could the benefits of taekwondo for children possibly be in today's world? Well.

The potential benefits of taekwondo training for your kids are. Quite simply. **Massive!** And we've seen them first hand. Like physical fitness. And weight control. Increased concentration span. Learning respect for others. And huge increases in children's self confidence and self esteem. All while the kids have fun.

Firstly. It's great to see fit children. Who are a healthy weight. Many of today's children are overweight. Because they are inactive. And eat high energy foods. We think that human bodies are built for exercise. And children are meant to exercise. To run. And jump. And get out of breath. And one of the huge benefits of taekwondo for children. Is that the kids enjoy the physical exercise. They exercise their whole body. From top to toe. And gain all round physical fitness. And they want to keep coming back for more!

For young boys especially. The tough physical training allows them to let off steam. They love kicking and punching under controlled conditions. But they also learn about self-control. And how taekwondo has to stay in the Dojang. And they learn from great role models. Fit, healthy, controlled taekwondo instructors and senior students.

And what about taekwondo for girls?

Being fit and healthy gives girls a positive body image. And learning to face confrontation and fear and powering through wooden boards develops self esteem and self confidence. And through this training. Children in taekwondo get physically and mentally stronger. Which helps them in daily life. Which brings us to another of the huge benefits of taekwondo for children. Taekwondo isn't just a physical training. It's mental training.

Taekwondo kids learn complicated movements. Which help their concentration and memory. And they learn to coordinate their bodies. Children in taekwondo learn discipline. They learn to do as they are asked. And they gain the self-discipline to keep going when training is tough.

Another of the benefits of taekwondo for children is that there is great emphasis on respect. And courtesy. Taekwondo kids learn to respect their instructors. Respect each other. And in time they learn to respect themselves. They learn to be polite to everyone. Even people they may not like. Which we think is a great skill for them to take with them into adult life.

Kids in Taekwondo also learn the power of perseverance. They learn that if something is difficult. But worth achieving. Then for them to achieve it. They have to keep trying.

They have to face failure. And get over it. And pick themselves up. And try again And again. And eventually they get it!

And the sense of achievement and pride is fantastic to see on their smiling faces! It's a great boost to their self confidence and self esteem. And that's another of the great benefits of taekwondo for children.

Training in taekwondo boosts self confidence and self esteem.

We've seen children become more sure of themselves. And gain the confidence to speak in front of the class. Or perform a difficult pattern in front of a grading panel. They develop the confidence to teach. And to nurture the younger kids. And in doing so they learn patience and kindness. And over time. We've seen taekwondo kids develop into calm, self-assured young people. Quietly confident in themselves. With high self esteem. And why's that good? Well. People with high self esteem are less likely to get involved in destructive behaviour like drug taking or alcohol abuse. And that quiet assured self confidence means that they are less likely to be bullied at school. Another of the massive benefits of taekwondo for children.

Taekwondo Words and Commands:

Attention - Charyut ("Chari-yut")

Begin or Start - Sijak

Block - Maggi or Makgi

High Block - Nopunde Maggi

Inside Block - An Maggi

Low Block - Najunde Maggi

Outside Block - Bakat Maggi

Bow - Kyungnet

Continue - Kaesok

Fist - Joomock

Foot - Baal

Forms - Poomse

Hand - Son

Head - Moli or Mori

Instructor - Sabomnim ("Sah-bum-nim")

Kick - Chagi ("Cha-gee")

Knee - Moreup

Leg - Dari

Punch/Strike - Chigi

Ready - Joon Bi

Referee - Joo Sim

Rest - Chose

Return - Baro ("Baa-row") - The word used when you have to turn around & face the instructor at the end of your form or pattern.

Self-Defense - Hosinsool or Hosinsul

Sparring - Kyorugi

Stance - Sogi

Stop - Kalyeo

Taekwondo School/Studio - Dojang

Thank you - Kamsa Hamnae Da ("Kamsa-ham-ni-da")

Uniform - Dobok

Yell - Kihap ("Kee-yah-p") - The word used when kicking or punching for power.

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MTC Dare Devils!

These cute little characters are the MTC's mascots. Keep an eye out for them as they get up to mischief, mayhem, and Martial Arts.

MTC GRADING SEPT 2014

TAEKWONDO * BOXING * MMA

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.

Wednesday, 10th September 2014

Musketeers

All belts.
Grading starts @ 4:15pm
(finish 5pm)

Juniors

White belts (All stripes)
 Yellow belts (All stripes)
 Blue belts (No stripes)
Grading starts @ 5:45pm
(finish 6:45pm)

Blue belts (All stripes)
 Red belts (All stripes)
Grading starts @ 6:45pm
(finish 7:30pm)

Cho Dan Bo
 Probationary
 Black belts (All Dans)
Grading starts @ 7:30pm
(finish 8:15pm)

Seniors

Grading starts @ 8:15pm
(finish 9:15pm)

Monday, 15th September 2014

Boxing

Grading starts @ 7:45pm
(finish 8:45pm)

Wednesday, 17th September 2014

MMA

Grading starts @ 7:45pm
(finish 8:30pm)

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

MTC MOVIE NIGHT

19th September 2014



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.

Martial Arts Moves!

Book your Dare Devils (and their friends) to join in the Fun and Games, including Martial Arts training and a demo. While making new friends, Learn some Cool Moves, win prizes, exercise, have fun, etc.



G/PG Movie!

And of course we'll be having a movie, (title to be announced.) There is a competition and prize for the coolest or funniest PJs (so make sure they bring along their pillows, pyjamas / onsies & sleeping-bags.)

Competitions & Prizes!

We'll have games galore, gifts, cool competitions, prizes, and more Fun than you can poke a stick at!

Snacks and Drink!

Don't worry, we'll feed your little ones with snacks, hot-dogs, fruit, drink (water/cordial), and more!*

** May include lollies.*

- Where:** Here @ 10 Maroondah Hwy, Ringwood
When: Friday 19th September 2014
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. Wear loose clothing. Please advise any allergies.