



Melbourne Taekwondo Centre - Ringwood Branch

“Prepare for Life!”

November 2014



December Grading!

Hear yee! The MTC Ringwood club will be running the term 4 grading on the 10th (Wednesday) of December. 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 Senior Black Belts

Congratulations to Dearne, Cameron, Remy and Paul for passing their black belt grading. Dearne and Cameron achieved their 2nd Dan while Remy and Paul got their 1st dan. Well done guys! Amazing effort.

Thailand Taekwondo Open

Taekwondo tournaments are always exciting, hard work and rewarding. The Melbourne Taekwondo Centre has a team in Thailand attending their tournament in both Poomsae and sparring competitions. To catch up on the latest news and results, check out and like their Facebook page. Search for “Melbourne Taekwondo Centre”.

And a big super huge thank you to Jamie Marsh for both training and judging the grading, and thank you to David Cronin for the extra training and support.



Splits Maniac 2014

Congratulations to Emily and Remy for winning the Splits Maniac 2014 competition. Both winners were the most improved students in their overall flexibility from the beginning of term 3 to the start of term 4. Well done guys. Fantastic effort !!

Jamie's Operation

Most of us have noticed Jamie has had difficulties walking, jumping or climbing over 22 metre high walls bare handed over the last few months. On the 11th November Jamie will be going into hospital for a hip replacement operation. Best of luck Jamie and we all wish you a speedy recovery. David Cronin and the senior black belts will be covering the classes for the remainder of the term.

Oh, and if you get the chance, wish Jamie happy birthday for Thursday 13th November!



New Junior Black Belts!

Congratulations to Sebastian Stevens (Pum 1) and Emily Moore (Pum 2) on their new Black belt status. Fantastic job guys!!



A Black Belt is a White Belt who never Quit!
- Anonymous

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+.



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

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

Seven days of no exercise makes one weak.

Class Schedule

| | | |
|-------------------|--------------------|--------------------------|
| 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 |
| | Kick Boxing | 7:45pm - 9:00pm |
| 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 |



Anger in Martial Arts.

"Never respond to an angry person with a fiery comeback, even if he deserves it ... Don't allow his anger to become your anger."

— Bohdi Sanders

Falling.

"I've learned to fall like the BJJ player, to protect the body through controlling the distribution of force by slapping the mat with hands open. With hands open. Hands open. Open. Open. O-Pen."

— Cameron Conaway

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

November

26th - Black Belt Demos

December

1st - Grading (Kick/Boxing)

3rd - Grading (MMA)

10th - Grading (Taekwondo)

13th - Last Class for Term 4

February

2nd - Term 1 starts

9th - Bring A Friend week



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 Instructor.

10 Maroondah Hwy
Ringwood, Vic 3134
Phone: (03) 8806 9374

E-mail:
ringwood@taekwondo.com.au

Remaining True to the Art of Taekwondo

by Doug Cook, October 5, 2009

I am always careful to remind my students that the practice of traditional taekwondo is not easy. I tell them that if it were, everyone would train. And it is not difficult to see why. Movies abound with our favorite stars leaping through the air, chopping, punching, and kicking while making the world right for the meek. Naturally, it is understandable how the average person would identify with these heroes, male and female alike, and wish to emulate them. Yet the true cost of training, both to the practiced and the vanquished, is frequently hidden by the way martial arts are portrayed on television and in the cinema. Not shown are the hours, days, weeks, and years of difficult work the martial artist must put in to develop his technique. Invisible, too, are the deadly consequences of a single well-placed kick or strike. If we were to believe what we see on the screen, we would think that skill sprouts eternal, with little or no effort required to become a true killing machine. Obviously, this is simply not the case. Nor is death and destruction the ultimate goal of the martial artist.

In order to become proficient in the traditional martial arts, the practitioner must possess a tireless commitment and undying passion. He must be willing to forego leisure time activities that are often more entertaining. He must also exhibit the capacity to endure sore muscles, aching joints, and an occasional bruise or two. But above all, an abundant supply of patience is essential.

For most of us, the mind has the ability to retain information far more efficiently than our muscles. We must convince our bodies that we are capable of moving in ways that have abandoned many of us since childhood. To observe my adult students, who not long ago were prematurely rooted to the earth due to age, execute jump turning kicks coupled with focused strikes is confirmation enough that taekwondo is a truly liberating force. Children too are challenged, not based on agility or aerobic quality as are their more mature counterparts, but by coordination, balance, and strength. Still, with patience, encouragement, and indomitable will, they excel. Skills of this nature do not come easily. Determination and an unswerving faith in taekwondo are paramount. This devotion is not misplaced even though, admittedly, taekwondo is not the solution to every offensive threat. Yet with thousands of battle-proven techniques at his disposal the taekwondoist should, through patience and practice, cultivate the proper defensive tools for use against almost any threat.

This leads us to the question of cross-training—the practice of actively mixing styles. As a rule of thumb, it is said that a martial artist devoted to a particular discipline should remain faithful to that art for a minimum of seven to eight years before cross-training. Why is this? First, the martial artists must learn the fundamentals of their art. Without strong basic skills, everything else will falter. This process is generally accomplished during the students' years as a color belt—and then, at black belt, their training truly begins.

The path to success in the martial arts unavoidably takes time and if approached with sincerity will provide the practitioner with the tools necessary to continue the journey with confidence—a journey, thankfully, with no foreseeable end. When considering cross-training, thought should be given to cultural implications and how they relate to a particular martial art. In the past, geography played an influential role on technical development. On another level, so did a nation's history and worldview. Martial arts for many nations, including Korea, historically represented primary instruments of war and were successfully exported to the present as evidenced in taekwondo being used during the Vietnam War.

Nations with a history of repeated invasions and strife had to develop practical martial arts capable of not only defending physically, but emotionally as well. These physical and emotional imprints, for good or ill, often prejudice the underlying philosophy of a given martial art. Subsequently, toggling between differing cultural viewpoints can prove confusing for the martial artist that lacks the maturity to appreciate these distinctions.

Additionally, it is recommended that the practitioner remain focused on a single art due to its technical complexity. Simply put, memorization and proper execution of the countless blocks, strikes, kicks, formal patterns, and defensive strategies that compose traditional taekwondo leave little room for the infiltration of potentially conflicting philosophies and skills. This concept is apparent when stances found in taekwondo are compared to those shared in the martial arts of Japanese and Chinese origin.

For my part, traditional taekwondo is sufficiently complex to keep me busy for a lifetime. With every advanced poomsae, il su sik, or ho sin sool I perform, I appreciate all the more the road that lies before me—the effort that remains to take my practice one step closer to the core of the art. These increments are small, not the dramatic leaps and bounds experienced by the novice.

Yet, as the years go by, I eagerly pursue my training, training punctuated with purpose and concentrated martial intent, in the hope of becoming a steadfast practitioner, faithful to the traditional martial art of taekwondo.

Doug Cook holds a 6th Dan Black Belt in the Korean martial art of taekwondo and is certified as an instructor and in rank by the United States Taekwondo Association and the Kukkiwon. He is the author of three best-selling books focusing on taekwondo entitled, Taekwondo: A Path to Excellence, Taekwondo: Ancient Wisdom for the Modern Warrior and Traditional Taekwondo: Core Techniques, History, and Philosophy, a finalist in ForeWord magazine's Book of the Year Award. All editions are published by YMAA Publication Center, Inc., and are available online and at booksellers throughout the world.

Source - <http://ymaa.com/articles/remaining-true-to-the-art>

Tips & Advice for Potential Taekwondo Parents

Here are some tips & advice for parents looking to enrol their kids in Taekwondo.

Examine several schools - Check out several schools, rather than just going to the closest Taekwondo school. The teaching style of schools can vary significantly - from very regimented to overly loose. Both Jamie and David are extremely effective teachers and the emphasis is on fun and learning for the children using games & humor.

Visit different classes - After you have found a good school, visit different classes (versus just the basic introductory class). Visit the black belt classes, sparring classes and even the gradings. See if the club's attitude changes as the children advance. You don't want to find a school that changes in a negative way (i.e. becomes too harsh) as your child progresses to higher belts.

Ask questions - Talk to other parents & children at the school to find out their likes and dislikes about the school and instructors.

Focus on safety - Is there enough stretching? What happens if a child is hurt? What level of supervision is given during sparring classes?

Always get an introductory trial - See if your child enjoys Taekwondo before committing to any any long-term contract. Ask if the school has a short introductory trial offer that covers a few weeks and use that time to see if your child enjoys Taekwondo and is mature enough to handle the instruction. Also be wary of a "cheaper" multi-year contract. Try the "more expensive" monthly programs until you feel certain that your child likes Taekwondo. Many kids do not last multiple years in Taekwondo as they have other commitments (i.e. basketball) or simply lose interest.

What is the "real" cost? - Make sure to find out the real cost of the class. Beyond the monthly/annual fee, what additional costs will you pay? Be aware that you are likely to pay for items such as uniforms, sparring gear and grading tests.

Start your child early (if possible) - The best age is when they are 5 or 6 years old. Older children can sometimes feel awkward when they are a beginner and have to face much younger kids who are at higher belt levels (in this case, look for teen or older children classes). In addition, very young children (i.e. toddlers) can be less focused & lack sufficient coordination. Many of the students are team leaders and your child may use this as mentors during classes. Some children need more help from their instructor or team leaders to master lengthy techniques (i.e. forms) and complex kicks (i.e. spinning hook kick). However, as they gets older, s/he is improving dramatically. Just remember each child varies significantly and you know your child best. You don't want them to get discouraged.

Practice with them - The best option is to take classes with them (my daughter & I practice together). However, this option is difficult for many working parents. Nevertheless, you need to help them train. In the evenings, help them prepare for their grading tests. Have them show you the forms, kicks and other things that they have learned. Buy a book to help with the forms or talk with the instructors for detailed instructions.

Make your child stretch - Since kids are so flexible, you might think they don't need to stretch. However, they can get hurt without adequate stretching.

Try to go several times per week - Going once a week is not enough time to master the appropriate techniques. Your children won't enjoy the classes if they are not at least "average students". Who wants to be the worst in the class? Those kids that go at least several times per week are usually the best in the class!

Encourage them - "Wow, that was a great kick! Can you show me some more?" Remember, your kids are looking for your approval & love.

Stay & watch - Too often, parents using the Taekwondo class as a quasi-baby sitting service. They drop off the kid and then they run off to Gloria Jeans. The child will do a great move in class and look for Mommy or Daddy. They want to see if their parents saw their awesome new kick. However, the parents is not there & the kid is really disappointed. Hopefully, you will be one of the parents cheering for your child & giving them a big thumbs up. The huge smile from your child is worth a few missed cappuccinos. :)

Confidence & coordination - Your child will learn confidence and coordination that will help them excel at other sports.

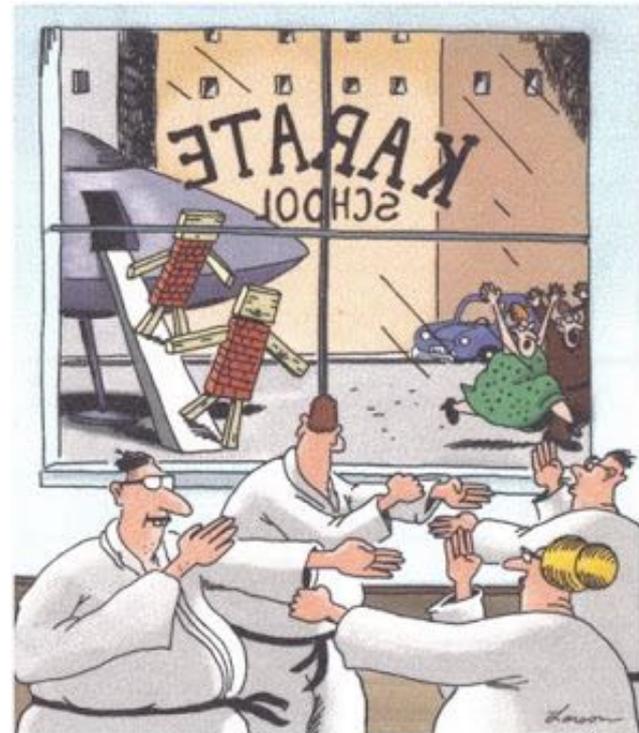
Self-defense - Remember that Taekwondo is a martial arts so your child will also be learning self-defense. The aim is not to hurt anyone. However, all children should know some self-defense moves in order to deflect school yard bullies or the growing problem of wackos on the street (you know what I mean). However, reinforce that they are not superheros and that the first move should be to yell for a teacher, policeman, Mom, etc. The instructors at our Taekwondo club teach basic self-defense moves such as what to do if someone grabs you.



There is no "can't".

"There is no "can't" in martial arts. It is perfectly all right for students to state that they are "still working on it", "have not mastered it yet", or "are trying as best they can" as all of those sentiments reflect willingness and perseverance. It is not all right, on the other hand, to verbally or physically portray reluctance, vacillation, or defect."

— Lawrence Kane



The class abruptly stopped practicing. Here was a chance to not only employ their skills, but also to save the entire town.



MTC Website

Twenty years ago people communicated with only a small number of communication tools - such as face-to-face, telephone, cellular phone, txt messaging, faxes, books, signs, sign language, television, radio, lasers, morse code, two cans with a piece of string, and of course the pony express. These days talking with people is much more complicated with the addition of Facebook, Twitter, and the Internet.

The MTC (Martial Arts Training Company) is also under the umbrella of the MTC (Melbourne Taekwondo Centre). Confused, of course not. In October we officially moved over from the Ringwood Taekwondo website to the Martial Arts website. Check it out for the latest news, photos, videos and other information. We also have a students only area with training tools and information. (<http://www.martialarts.com.au>).

Martial Arts Training Company (MTC)

<http://www.martialarts.com.au>

The official website of the Jamie's and David's company.

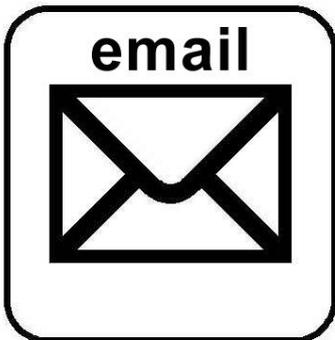


For those who like to know where the MTC clubs are and it's history:

Melbourne Taekwondo Centre (MTC)

<http://www.taekwondo.com.au>

Website for Jack Rozinszky's Taekwondo organisation.



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 (non-XXX variety), or just a nice how-ya-doing. Feel free to email ...

Jamie Marsh

jamie@martialarts.com.au

David Cronin

david@martialarts.com.au

Paul Corrigan

paul@martialarts.com.au

You know you're a martial artist when you go to the store in your uniform and people try to not stare.



Why Attacked?

Why are people attacked? If we can meditate on this deeply we can reduce, maybe to zero, the chances of being attacked. Each reason should be analysed in-depth and we should improve ourselves, our situation and our behaviour accordingly. This is close to the ultimate self defence. If conflict arises then we have already missed a trick, we have already let things get out of hand. We should be trained and ready for conflict as a backup but a more profound defence is to stop an attack in the opponent's mind before he makes it physically.

Avoidance of unnecessary conflict is a martial tactic worthy of contemplation.

Reasons Why People are Attacked:

- Offensive
- Physically Weak
- Rich
- Ally Weak
- Competitor for Resource
- Evade Attack
- Belong to an Enemy group
- Wrong place, wrong time
- Aggressor feels threatened
- Aggressor showing off
- A fair game
- A punishment for crime

A mirror question to "why attacked?" is "why attack?". In what circumstances would you attack? The Taekwondo practitioner should purify their motives not only for the sake of goodness but also to free their tactical responses from lopsided irrational tendencies which have so often led to personal disaster.



Source: <http://www.virtuescience.com/why-attacked.html>

MTC Marketing & Newsletters

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

Website: martialarts.com.au. November 2014

MTC GRADING

DEC 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.

Monday, 1st December 2014

Boxing & Kick-boxing

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

Wednesday, 3rd December 2014

MMA

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

Wednesday, 10th December 2014

Musketeers

All belts.
Grading starts @ 4:15pm
(finish approx. 5:30-5:45pm)

Juniors

White belts (All stripes)
Yellow belts (All stripes)
Blue belts (No stripes)
Grading starts @ 5:45pm
(finish approx. 6:30-6:45pm)

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

Cho Dan Bo
Probationary
Black belts (All Dans)
Grading starts @ 7:45m
(finish approx. 8:15-8:30pm)

Seniors

Grading starts @ 8:30pm
(finish approx. 9:30pm)

★ Please arrive **15 minutes** before the start time ★

★ **Practice! Practice! Practice!** ★



A BLACK BELT



Black Belt - 1st Dan
Paul Corrigan
Rui Zhang (Remmy)



Black Belt - 2nd Dan
Daniel Menzies
Dearne Mills
Cameron Singleton



Black Belt - 3rd Dan
David Law
Jessica Dodemond
Scott Collom



Black Belt - 4th Dan



Black Belt - 5th Dan



Master - 6th Dan
Jamie Marsh
David Cronin



Master - 7th Dan



Grand Master - 8th Dan



Grand Master - 9th Dan
Jack Rozinszky

For every 10,000 people that join a Martial Arts Academy, half will drop out within the first six months.

Of those remaining students, about 1,000 will complete one year of training and then quit. 500 will study for two years, but only 100 will see their 3rd year anniversary.

On average, only ten will make 1st Dan Black Belt. Usually, only 1 or 2 will make it to 2nd Dan Black Belt.

They shall go on to teach others what he or she has learned, for Martial Arts is a part of their life, and they will share this life with others.

This person is a **BLACK BELT**.

This person is 1 in 10,000 !

Are YOU the ONE?!



Photo Usage Policy

Photos displayed on the martialarts.com.au and ringwoodtaekwondo.com websites are copyrighted by the photographer.

Permission to use the photographs is granted for the following limited uses:

* Photos may be printed from a web browser for personal, non-commercial uses.

Photos may be downloaded/copied electronically from a web browser for personal, non-commercial uses, with the following limitations:

* Photos may not be altered in any way, including resizing or cropping.

* Photos cannot be posted on the Internet on personal, commercial, or other sites, without explicit permission from the photographer.

* Photo credits must be provided. Credit should be given as follows: "Photograph by [photographer's name]. Used by permission from www.maine.gov."

* Photos may not be sold or used in any way for profit or commercial purposes, including use in commercial or professional websites or printed materials. Photos may not be used to suggest endorsement by the State of Maine for a product or service.

MTC will not use photos (or videos) of students in commercial marketing without the express written permission of the parents, or the students involved.



Code of Conduct

STUDENTS CODE OF CONDUCT

1. Compete for the 'fun of it' and not just to please parents and Instructors.
2. Work equally as hard for yourself and your club. Your club's performance will benefit, so will you.
3. Play by the rules.
4. Never argue with an official. If you disagree, speak with your head instructor during the break or after an event.
5. Control your temper. Verbal abuse of officials, instructors or other students, deliberately provoking an opponent and throwing equipment is not acceptable or permissible in any sport.
6. Be a good sport. Cheer all good performances, whether they be by a club mate, or another club's student.
7. Treat all students as you would like to be treated. Do not interfere with, bully or take unfair advantage of another student.
8. Co-operate with your instructor, club members, officials and opponents. Without them there would be no competition.
9. If an instructor observes bullying or abusive behaviour, they will immediately advise the student of the issue, and also the head instructor. The head instructor may take further action in the form of asking the student to leave the class for a period of time, leave the class completely, or in exceptional cases, leave the club.

SPECTATORS CODE OF CONDUCT

1. Students participate in organised sports for fun. They are not competing for the entertainment of the spectators only, nor are they 'miniature' professionals.
2. Applaud all good performances and efforts by your club students and their opponents. Congratulate all students/clubs upon their performance regardless of the competition's outcome. Respect the official's decision. If there is a disagreement, follow the appropriate procedure in order to question the decision and teach children to do likewise.
3. Never ridicule or scold a student for making a mistake during a competition. Positive comments are motivational.
4. Condemn the use of violence in any form, be it by spectators, officials or students.
5. Show respect for your club's opponents. Without them there would be no competition.
6. Encourage students to participate according to the rules and the official's decisions.
7. Demonstrate appropriate social behaviour by not using foul language, harassing participants, Instructors or officials.

INSTRUCTORS CODE OF CONDUCT

1. Instructors will abide by the World Taekwondo Federation (WTF) Code of Ethics.

OFFICIALS CODE OF CONDUCT

1. Be polite and friendly at all times.
2. Be consistent, objective and courteous in calling all rule infringements.
3. Condemn deliberate misconduct as being un-sportsmanlike, and promote fair play and appropriate sports behaviour.
4. Use common sense to ensure that the 'spirit of competition' for juniors is not lost by overcalling violations.
5. Actions speak louder than words. Ensure that both on and off the track your behaviour is consistent with the principles of good sportsmanship.
6. Make a personal commitment to keep yourself informed of sound officiating principles and up-to-date technical rules.

PARENTS CODE OF CONDUCT

1. If children are interested, encourage them to attend Taekwondo. However, if children are NOT willing to attend Taekwondo, do not force them.
2. Focus upon the child's efforts and performances rather than the overall outcome of the event. This assists the child in setting realistic goals related to his/her ability by reducing the emphasis on winning.
3. Teach children that an honest effort is as important as victory, so that the result of each event is accepted without undue disappointment.
4. Encourage children to always participate according to the rules.
5. Never ridicule or yell at a child for making a mistake or losing an event.
6. Remember children learn best from example. Applaud good performances by all competitors, even if from other clubs.
7. If you disagree with an official, raise the issue through the appropriate channels rather than question the official's judgement and honesty in public. Remember, most officials give their time and effort freely for your child's involvement.
8. Support all efforts to remove verbal and physical abuse from sporting activities.
9. Recognise the value and importance of volunteer Instructors. They give their time and resources to provide recreational activities for the students and deserve your support.



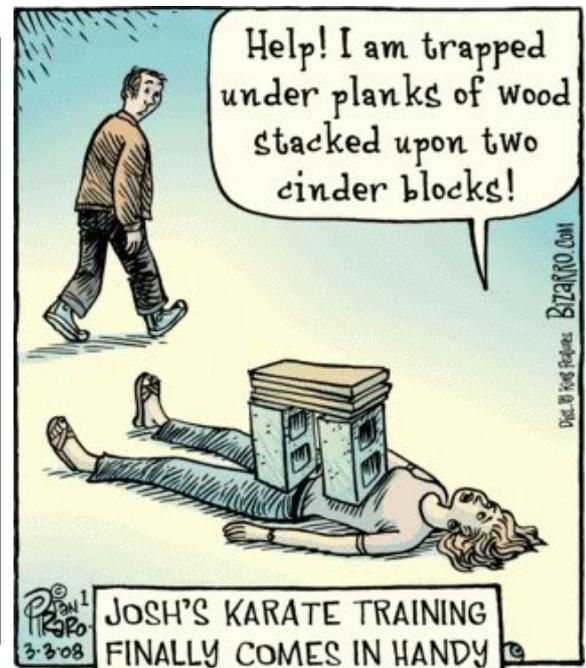
MARTIAL ARTS BIRTHDAY PARTIES

Two hours of Taekwondo fun that includes:

- ☯ A Taekwondo Lesson!
- ☯ Great Instructors!
- ☯ Cut the cake with the Sword of Power!
- ☯ Presents and Prizes!
- ☯ Birthday person breaks board!
- ☯ Games!

One price.
Unlimited
number
of kids.

Call **0419 320 470** to schedule your party today!



SHAMELESS SELF-PROMOTION!

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. 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. :)

