



# Melbourne Taekwondo Centre - Ringwood Branch

“Prepare for Life!”

September 2015



## InterClub in September!

Good news everyone! Melbourne Taekwondo Centre are hosting their Annual InterClub Tournament on Sunday, 6th September. This is a great opportunity for students to compete in Poomsae and/or Sparring events, at a relaxed local club level. You'll join with the club's competitors such as Josh, Luke, Ava, Tyler and Tex. If you are interesting in competing and are a yellow belt or higher, please speak with Jamie, David or one of the black belts.

## MTC MOVIE NIGHT

18th September 2015

G/PG Movie! Prizes! Friends!  
Martial Arts Training/Demo!  
Competitions! Snacks!  
4½ hours of fun & games!

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.

**Where:** 10 Maroondah Highway, Ringwood 3134

**When:** Friday, 18th September 2015

**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.  
Please advise  
any allergies.  
Wear loose  
clothing.



### STV/TVI Victorian Nationals

Sports Taekwondo Victoria and Taekwondo Victorian Inc both hosted the Victorian National Selections tournament. The Poomsae events were held on the 27th July, while Sparring was on the 2nd August.

For the Sparring events: **Josh Hale** won gold, along with **Luke Krausnik** and **Tyler Marsh**. Both **Luke Beveridge** and **Tex Langford** won silver. Tyler Marsh also won silver in the demonstration sparring.

We also did well in Poomsae; **Tyler Marsh** walked away with a Silver medal for his amazing performance.

**Amazing result guys.** We are very proud of your success and efforts. Thank you to **Jamie, David and Daniel** for their training. If you're interested in the Fight Class, speak with Jamie/David for further information.

### Updated Class Schedule

Please note the updated class schedule (next page). Jamie/David have added Thursday night classes (Fitness Plus, Competition/Grading, and Seniors + Black belts.) We're honoured to have **Master Bill Howden** run the Senior class, with **Daniel Menzies** supervising the Fitness Plus. Tuesday's classes have also been updated. If you have any queries about the classes, costs, etc. Please contact the MTC reception.

### New Arcade Machines

Jamie and David have splashed out on new arcade machines in the waiting area. The floor models host 60 games, while the stand up model (on the bench) hosts 520 games.

Please use the machines responsibly. Any fighting over the games, issue with sharing, or food/drink in the Arcade Room area, will be met with bans from the Arcade Room.

## Programs We Offer:

### Competition/Grading Class

A class for those who are thinking about going into competitions at a club state or international level. We focus on Poomsae and include creative breaking. The perfect class for people who want to improve their grading as it covers all aspects of the MTC curriculum.

### 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.

### 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.

### 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!

### Fitness Plus

An awesome non-stop workout that is designed to help you lose weight. Class includes Boxing and improves your Core strength, stability and your flexibility while you have fun.

## 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
Black Belt Class	6:45pm - 8:00pm
Boxing	8:00pm - 9:00pm

### Tuesday

Musketeers	4:45pm - 5:15pm
Juniors	4:45pm - 5:30pm
Competition/Grading	5:30pm - 6:00pm
Seniors	6:00pm - 7:00pm
Fitness Plus	7:00pm - 8:00pm

### 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
Black Belt Class	6:45pm - 8:00pm
Mixed Martial Arts	8:00pm - 9:00pm

### Thursday

Fight Fit	6:30pm - 7:30pm
Seniors	7:30pm - 8:30pm
Black Belt Class	7:30pm - 8:45pm

### Saturday

Musketeers	10:00am - 10:30am
Juniors	10:30am - 11:15am
Competition/Grading	11:15am - 11:45am
Seniors	11:45am - 12:45pm

## Class Duration

Musketeers (4 – 7yrs)	Duration: 30 minutes
Juniors (8 – 12yrs)	Duration: 45 minutes
Competition/Grading (All)	Duration: 30 minutes
Fight Fit (8yrs+)	Duration: 30 minutes
Fight Class (8yrs+)	Duration: 60 minutes
Fitness Plus Class (13yrs+)	Duration: 60 minutes
Seniors (13yrs+)	Duration: 60 minutes
Black Belts (All Dan levels)	Duration: 75 minutes
Boxing (15yrs+)	Duration: 60 minutes
Kick Boxing (15yrs+)	Duration: 75 minutes
MMA (15yrs+)	Duration: 60 minutes

BLABLABLA.  
GO WORKOUT.



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>

Website: [martialarts.com.au](http://martialarts.com.au). September 2015



# Calendar & Events

## September

- 6th MTC InterClub Tournament
- 9th Grading (Taekwondo)
- 14th Grading (Kick/Boxing)
- 16th Grading (MMA)
- 16th Last Class for Term 3
- 18th MTC Movie Night
- 19th BJJ Seminar (Tyrone Crosse)

## October

- 5th Term 4 starts
- 12th Bring-A-Friend Week

## December

- 9th Grading (Taekwondo)
- 14th Grading (Kick/Boxing)
- 16th Grading (MMA)
- 16th Last Class for Term 4
- 25th Christmas
- 26th Boxing Day

## 10 Reasons Why a Martial Arts Education is a Good Thing for the Self-Reliant Kid

My children have been in Martial Arts more than half of their lives, eons before I ever heard the word "prepper." It's not something I dreamed of before my children were born. I know of expectant mothers who insist their children will do this or study that. No, it was nothing that contrived. It was much more of a serendipity situation. I got an email from a homeschooling group that there was a couple teaching "karate in the park." More than 7 years later I have one black belt, one red belt and one brown belt in Tae kwon do.

In my opinion all of these are great life skills, and it just makes sense to my husband and me to teach them to our children no matter what the future holds. There are a number of different Martial Art disciples all a little different but all instill these values. There are a number of different things to look for when looking to study Martial Arts.

**1. Confidence:** When you're confident you can defend yourself, and don't come across as an easy target that most bullies look for. Also, if you have accomplished something a little difficult then you have confidence that you can move onto a new level, not just in martial arts but in any area of your life.

**2. Defence:** My boys may not be able to take on any opponent in the world. However, they have learned techniques to help them defend themselves in hostile situations.

**3. Learn How to Take a Punch:** This is a difficult concept for a mother to get her head around let alone accept. The best defence in most situations is to run, flee or remove yourself from the situation. If there is some reason you have not left the situation it usually means your opponent has thrown the first punch and is on top of you or has attacked you in some way. If you know what it feels like to take a punch and keep your wits about you, you're chances of survival are much greater.

**4. Discipline:** This is another point that ripples throughout a child's life. However, to master the different levels of any martial art you've got to have physical and mental discipline. Martial arts give children practice using the body and mind in harmony.

**5. Endurance:** Martial arts is a sport, you build strength and endurance.

**6. Leadership:** Part of becoming a black belt and higher is teaching beginning students. My older son is now teaching younger students and this is part of his training.

**7. Health:** We have an epidemic of childhood obesity in this country. Martial Arts is a great way to get moving and burn off calories.

**8. Fight in a Controlled Environment:** This one was hard for me as a mother. Of course at first it was cute. My little five year old child sparring with another five year old was nothing more than two clumsy kids trying to hit each other. My oldest son sparring during his black belt test was stomach turning. But my boys have the experience of fighting and they've learned it in a controlled environment without getting hurt. (at least hurt too badly)

**9. Situational Awareness:** This goes along with confidence and defence but studying martial arts requires that you always be aware of your environment.

**10. Ability to Assess an Opponent:** If you can determine that your opponent is weak in an area you can use that to your advantage in any hostile environment. This is an invaluable skill.

Author: Jane Baldwin.  
<http://momwithaprep.com/10-reasons-for-kids-to-learn-martial-art/>

Never pick a fight  
with an  
ugly person,  
they've got  
nothing to lose.

Robin Williams



# Cleaning a Martial Arts Uniform...the right way!

No matter which branch of martial arts your children (or yourself) are actively involved in there is one piece of wardrobe they all have in common – the uniform. The Taekwondo uniform (called a dobok) consists of pants, jacket and belt (called a tti) that helps determine the student rank and skill level among other things. They come in a variety of colours including blue, black, red, orange, and the traditional, white. If your children are anything like mine, that white uniform becomes a nice shade of brownish-grey as soon as they put it on. So here are some tips/tricks for helping you keep that precious uniform clean and looking good!

## Read the Label

Knowing what fabric the dobok is made of will help you determine how to wash it properly. Most uniforms are either 100% cotton or a cotton/polyester blend. There are also different weight categories, each with different fabric make-up. Also, don't dry-clean the dobok - bad idea.

## Avoid Chlorine Bleach

When you think about your whites getting whiter most people turn to chlorine bleach to help do just that. However, due to the fabric the uniform is made of, chlorine bleach is actually quite ineffective and can sometimes damage the material. The inner core of white polyester fibres is yellow. The chlorine bleach will react to the fibre and strip away the outer layer making the fabric look yellow and dull. The fabric will also be left weakened, making it easier to rip.

## Soaking

If the dobok just isn't getting clean then try soaking it for a while. I have found filling my washing machine tank with water and mild laundry detergent does the trick. After the machine is filled with the water and the detergent is dissolved, ONLY add the dobok, soak for approximately 15 mins, then start the washer for a regular cycle. If the dobok is stinky, add in a cup of baking soda to help neutralise the odour.

## Washing & Drying

After you soak the dobok and it has ran through the wash alone. It is important to wash the uniform alone so that no other fabric dyes can "bleed" onto the fabric. Junior would look a little silly walking into class with a pink dobok because Dad (we know Mom wouldn't do that...right!) forgot his new red shirt was in there. Zippers, buttons and embellishments from other clothing can also damage the uniform. So it is best to just wash it alone.

After washing, immediately remove the dobok and hang it to dry. High heat from the dryer can cause shrinking and allow for stains to set. If you hang the dobok in the sunlight it can actually help keep it white due to the bleaching efforts of UV rays.

Unless the belt is extremely filthy – try to avoid washing it. It is against martial arts tradition to wash it. It can also lose some of its vibrant colour.

## Air it out

Never keep your dobok in your bag after wearing it. Martial Arts is a fast paced physical activity that will cause your child to sweat. Like any other article of clothing, leaving it damp in a dark bag can cause an increased amount of bacteria to grow causing a stinky odour. It is recommended that you wash it after each class but that is up to your discretion. I wash my kids every 2-3 classes unless I need to wash it sooner due to smell or stain.



# don't give up!



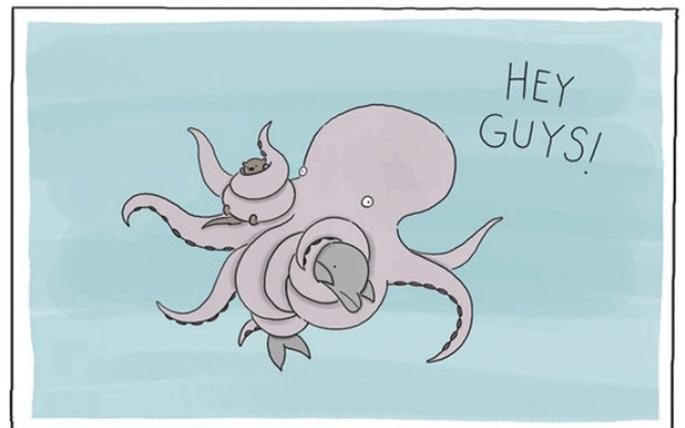
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Ringwood, Vic 3134  
Phone: (03) 8806 9374

E-mail:  
ringwood@taekwondo.com.au

I'D RATHER  
LOOK BACK AT  
MY LIFE AND  
SAY, "I CAN'T  
BELIEVE I DID  
THAT!"

INSTEAD OF  
SAYIN,

"I WISH I DID  
THAT..."



lizclimo.tumblr.com

Website: martialarts.com.au. September 2015

# MTC's TEAM LEADER PROGRAM

**Taekwondo is hard?!** Seriously?! Coming to class - that's easy. Going up a level in the belt ranking system - piece of cake. If you want a **REAL CHALLENGE** kids, I dare you to go for the **MTC's Team Leader program**. Beware this program isn't for the faint of heart. It's not nearly as simple as signing a form, or paying a fee, or even performing the perfect splits (although that certainly would help.)

The **MTC Team Leader** is someone who goes that extra bit further for the club. You may see the Team Leaders at the front of the class, or at the back, or they may be walking around motivating, encouraging and inspiring other students. They are primarily there to assist the instructor(s) during the class, and support them in all aspects of running the club.

A Team Leader may take the roll of the class, or they may demonstrate a punch/kick/ strike, or be expected to call out the count (most times in Korean), or welcome and help train new students. Their uniforms are always neat and tidy, they watch out for any issues and put themselves into areas of the classroom where they think they're needed.

**Team leaders are the role models to other students.** They are expected to show the utmost respect to the instructors and other students, they will not be talking with their friends in class while the instructor is talking. They're the ones listening, watching and are ever ready to assist or demo a technique. Let's be clear, It's not an easy job being a Team Leader, but it's certainly not an impossible one. And the best part is the perks that come along with the role.

As with all programs, there are conditions of entry to get into the program. At minimum you need to have been with the club for six months (two terms) before two instructors can nominate the student for consideration. There is also an exam, there also needs to be an available Team Leader position, and they must satisfy the Team Leader criteria which is determined by the Head Instructors. **Juniors** need to be at a yellow belt level or above. **Musketeers** need to be an Orange belt and above, and **Seniors** need to be a black belt or higher - however Seniors generally go onto the Instructor program instead.

**Why become a Team Leader?** Apart from being **AWESOME**, being a Team Leader will help promote your communication and leadership skills. These skills are important elements in life. You will also gain satisfaction and knowledge of helping others and being an integral part of the class and the club. You also get a cool Team Leader badge which goes on the left sleeve of your uniform, and you get paid to be involved in Movie Night and Birthday Parties. You heard me, **THE CLUB WILL PAY YOU** to assist in fun and exciting events! There are other benefits too but those are a closely guarded secrets within the program.

**The expectations of a Team Leader are high though.** You are expected to know all the aspects of Taekwondo up to your grading level (patterns, self defence, techniques.) You need to be punctual, and have pride in your presentation. You also need to attend and assist in other classes other than your own on a regular basis. You also need to be the role model that instructors can point to for other students - the one who is physically fit, is courteous and respectful to others.

Team Leaders are divided into two groups - **Active and Non Active**. An Active Team Leader is someone who has shown a consistent level throughout the previous term, thereby meeting all requirements as set out above. This evaluation is done by the Head/ Senior instructors. Being an active Team Leader entitles you to the benefits of a Team Leader for the following Term. An Non Active Team Leader is someone who has been nominated and has passed all the criteria for the Team Leader, but hasn't fulfilled all the requirements e.g. coming early to assist other classes on a consistent and regular basis. Non active Team Leaders are not entitled to the benefits of a Team Leader.

It's well worth the effort boys and girls. **So do you think you can be a Team Leader?! I double-dare you to try.** Ask one of the instructors for Team Leader consideration - you won't look back.



## Your Excuses

Yeah, whatever.

# WHEN IS A FIGHT OR CONFLICT OVER? **WHEN YOU STOP THE THREAT.**

### 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](mailto:jamie@martialarts.com.au)

**David Cronin**

[david@martialarts.com.au](mailto:david@martialarts.com.au)

**Paul Corrigan**

[paul@martialarts.com.au](mailto:paul@martialarts.com.au)

### MTC Marketing & Newsletters

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

# ROUNDHOUSE KICK BASIC STEPS

**6**  
RECOVER



**5**  
RETRACT



**4**  
EXTEND



**3**  
PIVOT



**2**  
CHAMBER



**1**  
FIGHTING STANCE



STEP 6.

Immediately after retracting your leg, you should recover as soon as possible. Do this by quickly dropping the kicking foot to the ground and right into another fighting stance.

Depending on your desired outcome, you might want to drop the kicking leg in front and into an opposite fighting stance or retract the kicking leg all the way back behind you and into your original fighting stance position.

STEP 5.

After impact with the target you will want to recover as quickly as possible in order to execute a follow up technique. Do this by retracting your kicking leg after the desired force has been delivered to the target.

Based on circumstances, you may want to retract your leg back, all the way towards your body or just slightly, before lowering it to the floor and preparing yourself for another technique.

STEP 4.

While continuing to pivot your hip and turn on the ball of your grounded foot, extend your kicking leg outward and point your toes straight ahead to impact the target area with the instep of your kicking foot.

To increase power and drive through the target, simultaneously turn your hip downward and push into the it with your extended leg at the moment of impact. This will allow you to apply more direction force.

STEP 3.

Lift your grounded heel slightly and pivot your hip (and body) sideways, in relation to the target, using the upward momentum of the chamber. Try and keep your kicking knee aimed at the target during the transition.

Control how much you pivot by driving your elbow on the same side as the kicking leg, in the opposite direction of the kick. By doing this, you can use your torso to counter the pivot and adjust it.

STEP 2.

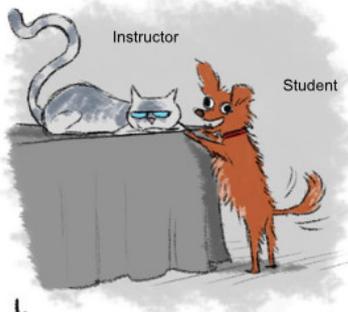
Drive your kicking knee upward in a straight line towards the target as if you were going to throw a knee strike instead of a round house kick. The force applied to the chamber sets the tone for the rest of the kick.

A slower chamber requires you to apply more muscular energy during pivot and extension before impact, and a fast chamber requires less energy through pivot and extension. Simple physics. Apply it now or later, it's up to you.

STEP 1.

Prepare yourself for the kick! Position your body into a balanced fighting stance suitable for the situation and the technique.

Just before executing the kick you may choose to shift some of your body weight onto the kicking leg in order to push off the floor with it instead of just lifting it upward.



1.



2.



3.

## PNF Stretching: A How-To Guide

### What is PNF Stretching?

Flexibility is key for athletes and non-athletes alike. It allows us to move freely and comfortably in our daily lives, and can also help prevent injury during exercise. One of the best ways to increase your flexibility is by stretching. However, research suggests that not all stretching techniques are created equal. Proprioceptive neuromuscular facilitation (PNF) stretching relies on reflexes to produce deeper stretches that increase flexibility.

### What Is PNF Stretching?

According to the International PNF Association, PNF stretching was developed by Dr. Herman Kabat in the 1940s as a means to treat neuromuscular conditions, such as polio and multiple sclerosis. PNF techniques have since gained popularity with physical therapists and other fitness professionals. It's easy to understand why — according to research from the University of Queensland, PNF stretching may be the most effective stretching technique for increasing range of motion.

### How Does It Work?

While there are multiple PNF stretching techniques, all of them rely on stretching a muscle to its limit. Doing this triggers the inverse myotatic reflex, a protective reflex that calms the muscle to prevent injury.

"PNF causes the brain to go 'I don't want that muscle to tear' and sends a message to let the muscle relax a little more than it would normally," says fasciologist Ashley Black.

### Hold-Relax

One PNF technique that Black says can trigger the reflex is commonly called "hold-relax." This involves:

1. Putting a muscle in a stretched position (also called a passive stretch) and holding for a few seconds
2. Contracting the muscle without moving (also called isometric), such as pushing gently against the stretch without actually moving. This is when the reflex is triggered and there is a "6- to 10-second window of opportunity for a beyond 'normal' stretch," Black says.
3. Relaxing the stretch, and then stretching again while exhaling. This second stretch should be deeper than the first.

### Contract-Relax

Another common PNF technique is the contract-relax stretch. It is almost identical to hold-relax, except that instead of contracting the muscle without moving, the muscle is contracted while moving.

This is sometimes called isotonic stretching. For example, in a hamstring stretch, this could mean a trainer provides resistance as an athlete contracts the muscle and pushes the leg down to the floor.

### Hold-Relax-Contract

A third technique, hold-relax-contract, is similar to hold-relax, except that after pushing against the stretch, instead of relaxing into a passive stretch, the athlete actively pushes into the stretch. For example, in a hamstring stretch, this could mean engaging the muscles to raise the leg further, as the trainer pushes in the same direction.

Regardless of technique, PNF stretching can be used on most muscles in the body, according to Black. Stretches can also be modified so you can do them alone or with a partner.

### How Do I Start?

If you want to increase your range of motion in a particular area because of an injury, consult a physical therapist trained in PNF stretching. To improve your general flexibility, Black recommends targeting the "long kinetic chains" in the body. These include the side fascia, hip flexors, hamstrings, glutes, and back.

"If an individual can open these, then they can have a real impact on their mobility," Black says.

### How Do I Know if I'm Doing it Right?

Black offers several tips to help you figure out whether you're using PNF stretching correctly. "Every time you exhale and deepen the stretch, you should see a noticeable change in range of motion, from 10 to 45 degrees," she says. PNF stretching may be uncomfortable, but it should never feel like a pinch or cause pain.

Black recommends breathing through stretches and using calming thoughts to avoid tightening up during the stretch. Finally, when using PNF, "keep it simple and just remember: contract, relax, breathe, and stretch," Black says. "The nervous system and reflexes will do the rest."

By working with your natural reflexes, PNF stretching is an easy and effective way to increase your overall flexibility and range of motion.



© 2014 Rich Castro

## Beware the Martial Arts Girls!

I started going to the dojo when I was in sixth grade. It was a very masculine environment; there weren't a lot of other girls there but the male instructors who ran the place were great guys and they genuinely loved having female students because we were such a rarity.

Now back in sixth grade I was tinier even than what I am now, and now I'm only 5'2. Then I was probably even under 5'0. I mean I was a squirt of a kid. But I loved to fight; I loved to be in the ring, I loved the adrenaline rush and I loved having punches hurled at me. It was fun for me. Our dojo did full-contact sparring, which was pretty brutal. These were the only rules: 1. You must wear a mouth guard and gloves, 2. No hits below the belt, 3. That's pretty much it.

Anyway every Thursday was Fight Night, where all we did was spar each other. And on my First Night Instructor Diven — who has since passed, bless his soul—paired me up with this really cocky brown belt to show me the ropes a little. This brown belt kid was bigger than me by a lot; he must have been at least six feet and twice my weight. But man was I excited to get into the ring! I had a fight boiling in my blood.

Now, Instructor Diven was not a stupid man and he hated high-ranking kids that showed a bad attitude. This kid had a bad attitude. Instructor Diven must have seen the evil gleam in my eye from a mile away and decided it was time for a little improvisation.

Anyway, Instructor yelled, "Start!" and I leapt into fight stance and the other kid didn't even put his hands up. He was laughing at me, sneering, the whole nine yards. "I'll give you a free one." he joked, and he slapped his side. "You barely weigh 40 kilos and you're a girl. So go ahead, little girl. Hit me."

And I hit him. I cocked my leg up as high as it would go and roundhouse kicked him right in the ribs with all of my might and all of the contempt I felt for his stupid cocky face which was covered in ugly-ass freckles and his nasty-ass braces. And I heard a crack. Like a real 'snap!' sound. And the kid has a look of surprise on his face like it was nobody's business, and then he goes right to the floor like a sack of potatoes.

Now, Instructor Diven leisurely strolls over from the group of black belts who are laughing their asses off at me, the tiny little white belt, sending my Goliath to the floor. I mean they're laughing so hard they look like they're about to pee themselves. They think it's a game. And in his great booming voice he hollers:

"Brown Belt! Why are you on the floor? Do you not see this white belt has been assigned to fight you?"

And meanwhile he is just crying. I broke one of his ribs. And Instructor Diven just squats down next to this poor kid and whispers, "Don't you know that women are made of pain?"

*"Martial arts teaches us how amazingly powerful we can be, and how incredibly fragile we are."* - Female Martial Artist.

<http://the-karate-blog.tumblr.com>



JhalComics.com

**JUST BECAUSE YOU AREN'T  
WHERE THEY ARE  
DOES NOT MEAN YOU DON'T  
HAVE WHAT IT TAKES.**

# MTC GRADING SEPT 2015

## 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, 9th September 2015	
Taekwondo Musketeers	Grading starts @ 4:15pm <i>(finish approx. 5:45pm)</i>
Taekwondo Juniors	Grading starts @ 6:00pm <i>(finish approx. 7:30pm)</i>
Taekwondo Seniors	Grading starts @ 7:45pm <i>(finish approx. 8:45pm)</i>
Monday, 14th September 2015	
Boxing & Kick-boxing	Grading starts @ 7:45pm <i>(finish approx. 8:45-9pm)</i>
Wednesday, 16th September 2015	
Mixed Martial Arts	Grading starts @ 7:45pm <i>(finish approx. 8:45-9pm)</i>

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

★ Practice! Practice! Practice! ★

**IF YOU'RE HAVING A PARTY, HAVE IT HERE!**

**\$300 Members.  
\$350 Non-Members.  
Unlimited Number  
of Kids**



## KIDS PARTY

**GAMES • PRIZES • FUN • MARTIAL ARTS**



Two hours of games and martial arts fun, prizes, music, dancing, and lots of excitement! Your child will also break a board in front of their friends, and cut the cake with the 'Sword of Power'. You supply the food/drink and cake, we do the rest.

**10 Maroondah Highway, Ringwood Vic 3134**

**martialarts.com.au • 8806 9374 • 0419 320 470**

**MTC in Ringwood proudly sponsors**

# TYRONE CROSSE BJJ SEMINAR

**Tyrone Crosse**  
(3rd Degree BJJ Black belt)  
**invites all students of all levels to his 3hr BJJ seminar.**

**MTC BJJ gradings will be held at the end of the seminar.**

**DATE:** Saturday 19th Sept

**TIME:** 1pm-4pm

**COST:** MTC member \$40.  
Non member \$60.  
(Course Value \$150)

**WHERE:**

**10 Maroondah Highway,  
Ringwood Vic 3134**

**BOOKINGS:** (03) 8806 9374



**martialarts.com.au  
crosstraining.com.au**

## 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.**

## Bring a Friend, Relative, Anyone!!

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. If they have two feet and can follow instructions, they'll love Taekwondo.

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. :)

If you want to take posters or flyers with you to work, school, or any places you love to frequent; we would really appreciate it.

Thank you; Jamie, David and Veronica.

