

# Melbourne Taekwondo Centre Ringwood Branch

“Prepare for Life!”

December 2016



## MTC's Newest Black Belts

After three Saturdays, twenty plus hours of solid of Taekwondo training in kicking, strikes, weapons, self defence, self develop, patterns, terminology and the famous Circle-of-Courage. Congratulations to MTC's newest Black Belts ...

**Cho Dan Bo**  
Isabella Woodrow  
Tony Yu

**1st Dan**  
Eloise Jefferies

**2nd Dan**  
Alex Yakimov  
Julian Hertan  
Tex Langford  
Tyler Marsh

**3rd Dan**  
Sarah Aschmann  
Cameron Singleton

Also special congratulations to Michael Woodrow and Cooper Patterson for this practice grading. The points you earned from this grading will go towards your next black belt grading. Well done guys!

You'll get your final results during presentation week along with feedback on your grading. **Congratulations everyone!**

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 (free belt/grading included.)
- Great for ALL teams leaders, Musketeers and Juniors
- Stacks of games, heaps of fun, lots of prizes everyday!

**WHEN:** 23rd to 27th January 2017.

**TIME:** Musketeers 10am-11am,  
Juniors 11am-12:30pm.

**COST:** Musketeers \$135 each.  
Juniors \$155 each.  
(\*\$55 grading cost included.)

### REQUIREMENTS:

- Students must complete all classes to be eligible for a boost or full stripe.
- Beginners to Yellow 2 eligible for a boost/full stripe. Yellow 3 to Red 2 eligible for boost grading only.
- Payment must be finalised by 14th December. If insufficient numbers the program will be cancelled and a full refund issued. Parents will be notified a week beforehand.

**LIMITED SPACES AVAILABLE.  
MUST BOOK EARLY.**

### Little Dragons Class

In term 4 we introduced the Little Dragons class for pre-school students aged 3-5 years. Run by Senior instructor Paul Corrigan (assisted by Eloise & Ava), the class has performed exceptionally well. On the 27th November the students showed us what they learned in their very first Little Dragons grading. They were graded on criteria such as balance, co-ordination, ball handling, frizbee throwing, focus, and listening skills. All the students were fantastic and this week will be presented with new stripes, or half stripes, on their belts. **Well done Little Dragons!** Due to the success of the Little Dragons class Jamie and David have decided to add a second class on Thursday afternoons in 2017.



### Introducing MTC Fight Day

Attention all sparring students (and all those who are interested in sparring competitions!) Master Jamie Marsh, in conjunction with Melbourne Taekwondo Centre, is promoting the MTC Fight Day. This event occurs once every term where sparring competitors from other MTC branches come together to duke it out. Information on Fight Day is on the website. **This event is a great pathway to National and International competitors, and the Olympics.** Those who are interested in going speak with Jamie.

**MTC INTERBRANCH  
FIGHT DAY**  
2PM-3:30PM | MTC RINGWOOD

**25 FEB  
13 MAY  
12 AUG  
4 NOV**

## 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!

Be the martial artist that others look up to.

## Class Schedule

### Monday

Musketeers	4:15pm - 4:45pm
Juniors (White-Blue 1)	4:40pm - 5:25pm
Juniors (Blue 2-Black)	5:20pm - 6:05pm
Fight Class	6:00pm - 7:00pm
Seniors	7:00pm - 8:00pm
Boxing/Kick Boxing	8:00pm - 9:00pm

### Tuesday

Musketeers	5:00pm - 5:30pm
Juniors	5:30pm - 6:15pm
Poomsae/Grading	6:15pm - 6:45pm
Weapons	6:45pm - 7:00pm
Seniors	7:00pm - 8:00pm
Mixed Martial Arts	8:00pm - 9:00pm

### Wednesday

Musketeers	4:15pm - 4:45pm
Juniors (White-Blue 1)	4:40pm - 5:25pm
Juniors (Blue 2-Black)	5:20pm - 6:05pm
Fight Class	6:00pm - 7:00pm
Seniors	7:00pm - 8:00pm
Mixed Martial Arts	8:00pm - 9:00pm

### Thursday

Little Dragons	4:30pm - 5:00pm
Musketeers	5:00pm - 5:30pm
Juniors	5:30pm - 6:15pm
Weapons	6:15pm - 6:30pm
Boxing/Kick Boxing	6:30pm - 7:30pm
Seniors	7:30pm - 8:30pm
Black Belt Class	7:30pm - 8:45pm

### Saturday

Poomsae/Grading	8:45am - 9:30am
Little Dragons	9:30am - 10:00am
Musketeers	10:00am - 10:30am
Juniors (White-Blue1)	10:30am - 11:15am
Juniors (Blue2 & Up)	11:15am - 12:00pm
Seniors	12:00pm - 1:00pm
Black Belt Class	12:00pm - 1:15pm

### Class Duration

Little Dragons (2 - 5yrs)	Duration: 30 minutes
Musketeers (4 - 7yrs)	Duration: 30 minutes
Juniors (8 - 12yrs)	Duration: 45 minutes
Seniors (13yrs+)	Duration: 60 minutes
Fight Class (8yrs+)	Duration: 60 minutes
Master Class (All Seniors)	Duration: 60 minutes
Black Belts (All Dan levels)	Duration: 75 minutes
Boxing (15yrs+)	Duration: 60 minutes
Kick Boxing (15yrs+)	Duration: 60 minutes
MMA (15yrs+)	Duration: 60 minutes

## Calendar & Events

### December

- 3rd Cho Dan Bo/Black Belt grading
- 7th Taekwondo Grading
- 10th Team Leader Day
- 10th Bring Your Friends Week (finishes 16th)
- 12th Boxing Grading
- 14th MMA Grading
- 15th Finish Term 4

### January

- 23rd Belt-Up School Holiday Program (finishes 27th)
- 30th Start Term 1

### February

- 6th Bring-Your-Friends Week (finishes 12th)
- 25th MTC Fight Day

### March

- 13th Labour Day (No Classes)
- 18th Taekwondo Grading
- 22nd Taekwondo Grading
- 25th Bring-Your-Friends Week (finishes 31st)
- 25th Team Leader/Instructor Seminar
- 27th Boxing/Kick Boxing Grading
- 29th MMA Grading
- 31st Term 1 Ends
- 31st Movie Night

“We are warriors; often we fight wounded.  
That is part of the game.”

- Sensei Rick Savagian, on kumite (via kick-punch-sweat)

### New Thursday Classes!

Starting next year on Thursdays at 4:30pm we will be running kids classes for the:

**Little Dragons** (4:30-5pm)

**Musketeers** (5pm-5:30)

**Juniors** (5:30pm-6:15.)

We will also be introducing **15 minutes weapons classes** (blue belts and above) on Tuesdays (6:45pm-7pm) and Thursdays (6:15pm-6:30). See you there!

### Enrolment term fee changes

MTC is please to announce changes to the term fees. We are introducing the **discounted Direct Debit** option for students and parents. We are also making the **Unlimited Membership** cheaper which will allow students to attend more classes during the week. Next year MTC will have over one thousand classes per year available for students. The new enrolment form will go out in December.

### Pre-Existing Injuries

During term 4 we had a couple of incidents where students exacerbated injuries from other sports or accidents. We ask that **ALL students** please advise their instructor if they have **any injuries** which may affect their performance. We will always ask the student not to do anything to make their injury worse, and to let us know if its sore during training. In rare cases we may suggest they not train until they've properly healed.

# Poomsae Class



Looking to vastly improve your Poomsae skills, technique for competition & better grading scores.

One of the core components of Taekwondo is Poomsae (or patterns.) MTC run Poomsae speciality classes which not only help students with their patterns, forms, stances, etc. Its also an amazing pathway to Poomsae competitions which occur throughout the year. Those who are interested in competing against branch, national and international level - please talk with Master David Cronin or one of the Instructors.

MTC is very proud to have in our association **Master Browyn Butterworth** who is the world rank number one Poomsae competitor.



Thanks to the amazing Ava and Tex for providing free face painting to students during Halloween. We saw some incredible designs during classes. Well done guys !



Be patient with beginners, everyone was a beginner at some point.

### 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.**



Find us on: **facebook**

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

### MTC Marketing & Newsletters

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

# MARTIAL ARTS TRAINING COMPANY

## END OF YEAR AWARDS 2016



**Dash McLeod**  
Most Improved Musketeer

**Ella Pollard**  
Most Improved Junior

**Lachlan McLeod**  
Most Improved Junior

**Jordan Guegan-Hill**  
Musketeer Spirit Award

**Callum Barnes**  
Junior Spirit Award

**Chanhee Park**  
Junior Spirit Award

**Alex Haladjian**  
Senior Spirit Award

**Aimaan Arora**  
Encouragement Award Musketeer

**Lucas Trupec**  
Encouragement Award Junior

**Alexia Anemikos**  
Encouragement Award Junior

**Teaha Cameron**  
Encouragement Award Senior

**Caroline Jones**  
Appreciation Award

[martialarts.com.au](http://martialarts.com.au)

**Paul Corrigan**  
Appreciation Award

**Cameron Singleton**  
Appreciation Award

**Christian Ampongan**  
Appreciation Award

**Emily Moore**  
Appreciation Award

**Jack Moore**  
Most Improved Team Leader

**Eloise Jefferies**  
Most Improved Team Leader

**Saphron Bonner**  
Parent Of The Year

**Dearne Mills**  
Boxing Most Improved

**Michael Woodrow**  
MMA Most Improved

**Jack Haward**  
Fighting Spirit Award

**Sofia Heldmark**  
Most Improved Fighter

**Thomas Rothenbuecher**  
Most Improved Fighter

**Nathan Milligan**  
Most Improved Fighter

**Sarah Aschmann**  
Best Fighter Award

**Joshua Hale**  
Best Fighter Award

