



Melbourne Taekwondo Centre Ringwood Branch

"Prepare for Life!"
September 2018



ATV SELECTIONS

Term 4 Timetable Changes

Hi everyone, MTC are making some minor changes to the classes for the Tuesday, Wednesday, and Friday classes.

Tuesday Classes

We've added the MMA class back on Tuesdays starting at 7:30pm. The Competition & Grading class will move to Friday evening.

Wednesday Classes

The new Wednesday classes will reflect the current Monday schedule.

Friday Classes

We've added the Competition and Grading class to Fridays starting at 6pm.

Please check the new times on page 2, or pick up an updated timetable at the reception desk.

Well done and a huge congratulations to the Competitors at the ATV Selections Competition.

A big thank you to Jamie, David, Bill, Jeremy and other supporters. **See you at the Nationals.**

Poomsae

Grace W. (Individual) Bronze
Henry W. (Individual) Bronze
Aaron E. (Individual) Bronze
Elliott L. (Individual) Gold
Grace & Henry W. (Family) Gold
Competed: Eloise J, Ethan L

Sparring

Sebastian J. 1x Gold, 1x Bronze
Elliott L. 1x Silver
Wyatt T. 1x Silver
Ben S. 1x Gold
Competed: Jack H, Sophia H, Adrian A.



KIDS PARTY

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



• 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.

**\$325 Members.
\$375 Non-Members.
Unlimited Number
of Kids**

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.

Combined Classes (Thurs/Fri only)

A class for both the Juniors and Senior students, focusing on the core elements of Taekwondo, techniques, and knowledge. Highly recommended for all families.

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 semi to 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 12+, or by instructor invitation.

Kickboxing

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 12+, or by instructor invitation.

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 12+, or by instructor invitation. Please note; to do MMA you must do either the Boxing or Taekwondo classes.

Class Schedule

Monday

Musketeers	4:15pm (30 mins)
Juniors (White-Blue1)	4:30pm (45 mins)
Senior Juniors (Blue2-Black)	5:00pm (45 mins)
Fight Class	5:45pm (60 mins)
Boxing/Group Fitness	6:45pm (60 mins)
Seniors	7:45pm (60 mins)
Black belt/Weapons	7:45pm (60 mins)

Tuesday

Musketeers	5:00pm (30 mins)
Juniors (White-Blue1)	5:30pm (45 mins)
Senior Juniors (Blue2-Black)	6:15pm (45 mins)
Mixed Martial Arts (MMA)	7:00pm (45 mins)
Seniors	7:45pm (60 mins)

Wednesday

Musketeers	4:15pm (30 mins)
Juniors (White-Blue1)	4:30pm (45 mins)
Senior Juniors (Blue2-Black)	5:00pm (45 mins)
Fight Class	5:45pm (60 mins)
Mixed Martial Arts (MMA)	6:45pm (60 mins)
Seniors	7:45pm (60 mins)
Black belt/Weapons	7:45pm (60 mins)

Thursday

Little Dragons	4:15pm (30 mins)
Musketeers	4:45pm (30 mins)
Juniors/Seniors (White-Blue1)	5:15pm (45 mins)
Juniors/Seniors (Blue2-Black)	6:00pm (45 mins)
Boxing/Kickboxing	6:45pm (60 mins)
Seniors (Advanced)	7:45pm (60 mins)
Black Belt Class	7:45pm (75 mins)

Friday

Little Dragons	4:15pm (30 mins)
Musketeers	4:45pm (30 mins)
Juniors/Seniors (White-Blue1)	5:15pm (45 mins)
Competition & Grading	6:00am (30 mins)
Juniors/Seniors (Blue2-Black)	6:30pm (45 mins)

Saturday

Musketeers	9:30am (30 mins)
Juniors (White-Blue1)	10:00am (45 mins)
Senior Juniors (Blue2-Black)	10:45am (45 mins)
Competition & Grading	11:30am (30 mins)
Seniors	12:00pm (60 mins)
Black Belt Class	12:00pm (75 mins)

**"A leather bag is nothing, nor is a bucket, nor a brain. They only become useful when something is put into them."
- Monkey Magic**

Calendar & Events

October

- 8th Term 4 Starts**
- 15th Bring-Your-Friends Week** (finishes 20th)
- 20th Team Leader Day**

November

- 5th Day before Melbourne Cup Day** [Closed]
- 6th Melbourne Cup Day** [Closed]
- 10th Fight Club @ GW**
- 24th 2018 Tasmanian Taekwondo Open** (Training Day)
- 25th 2018 Tasmanian Taekwondo Open** (Competition Day)

December

- 1st Taekwondo Grading**
- 5th Taekwondo Grading**
- 10th Bring-Your-Friends Week** (finishes 22nd)
- 10th Boxing Grading**
- 12th MMA Grading**
- 13th Term 4 Ends**
- 14th Movie Night**

Jan 2019

- 29th Term 1 Starts**



EASTERY ©

2018 TVI Winter Invitational Results

Congratulations to everyone who faced their fears and challenged themselves yesterday. What an amazing and fulfilling day which could not have been created without the support of all the parents, Mr Michael Woodrow and Master Instructor Mr Bill Howden.

Well done to the Sparring team.

Wyatt T - 3x Gold
Elliott L - 1x Gold, 1x Silver
Nathan M - 1x Gold, 1x Silver
Sofia H - Gold
Jack H - Gold
Ben St C - Gold
Sarah A - Silver
Amy C - Silver
Tyler M - Bronze
Teleah B - Bronze
Adrian A - Bronze



Special mention to our only female poomsae competitor:

Grace W - Who competed at her first Victorian State Championship, and made everyone truly proud.

Well done!

Father's Day Week

Thank you to all the fathers and father figures (mostly granddads) who came along to their kids' classes this week. There was a lot of smiling, laughing, and fun.

Next year we will also be having a **Mother's Day Week** as well. Watch out for the posters.



Happy Father's Day Daniel and Miranda



**KEEP
CALM
AND GET YOUR
DOBOK
ON**

WE'D LOVE YOUR PHOTOS AND VIDEOS!

If you have any **great photos or videos** of the students or MTC events and competitions, please send them through to us at:

photos@martialarts.com.au

My child is using Taekwondo on me, or their siblings, or their friends; what can I do?

Right from the very first class we teach the students that Taekwondo is for self defence **ONLY**. We love it when your child demonstrates their skills and techniques to others, just not on them. We are **NOT** in the business of teaching children how to be bullies. If your child is using their martial arts skills on you, their siblings, or their friends - **please let us know** and we will organise a chat with your child (with you in attendance.)

Me: [uncontrollable sobbing]
I can't see you anymore.
I won't let you hurt me again.
Trainer: It was a sit-up.
You did one sit-up.

Syllabus Change starting Term 4

Starting term 4 the Head instructors have changed the minimum requirement for the Poomsae component in the syllabus. For a student to pass their grading they are only required to know the first half of the pattern. This will bring the Seniors classes in line with the Juniors. This also allows the club to focus more on **Self Defence, Sparring and One Step Sparring** during classes. However it should be noted this is only for the Taeguk patterns one to six, including the Basic pattern. Students learning Taeguk seven and above are still required to learn the whole pattern.

For those who are looking to enter Poomsae competitions, you are still required to know the whole pattern. Instructors and fourth Dans and above, are also required to know the full patterns as well. If you have any questions, please talk with one of the class instructors.

DOWNLOAD OUR NEW MTC APP 

Want to keep up-to-date with MTC events, news, results and photos? Look no further than our new MTC App. Go to our website martialarts.com.au and click on the MTC App link. Available to iOS and Android.

Why do we invite students to grade?

An invitation to attend an end-of-term grading is only offered to students who have demonstrated they can properly perform their next belt/stripe level. They also must have **attended 70-80% of their classes** for the term as well. The instructors have found the more you attend classes, the quicker you develop the skills and experience to move up through the ranks. If a student can perform 70-80% of their next level sufficiently we'll offer a 'boost' grading which is a half way point. We also **strongly urge ALL students** to practice their patterns, self defence, one-step sparring (blue belts and up) and terminology at home. **Ten minutes a day** is fantastic although expect to do up to an hour (or more) when you're at the Red belt levels.

Gradings / 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 70-80%** 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.**



HEY DUDE, WHEN I SAID "CURLS MIGHT HELP", THAT'S NOT WHAT I MEANT.



Instagram

Yahoo! We have our own Instagram account. Search for, martialarts.com.au and follow us for daily fun photos/videos of the club, instructors, parents, and students.

Marketing/ Newsletters

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