



Melbourne Taekwondo Centre Ringwood Branch

"Prepare for Life!"

June 2019



NEW CHO DAN BOS AND BLACK BELTS!



A HUGE CONGRATULATIONS to Julian Herten, Jack H, and Sophie H. for their new black belt rankings. Also a big congratulations and well done to Jack F & Owen H for their probationary black belts. Great stuff for our new Cho Dan Bo's of David Kan, Cameron B, Chanhee P, Tessa R, Patrick M, Ethan L and EE Chiang Sim.

3rd Dan Black Belt - **Julian Herten**
2nd Dan Black Belt - **Jack Haward**
2nd Dan Black Belt - **Sophie Heldmark**
Probationary Black Belt - **Jake Ferris**
Probationary Black Belt - **Owen Huges**
Cho Dan Bo - **David Kan**

Cho Dan Bo - **Cameron Bailey**
Cho Dan Bo - **Chanhee Park**
Cho Dan Bo - **Tessa Rowlands**
Cho Dan Bo - **Patrick McConachy**
Cho Dan Bo - **Ethan Lee**
Cho Dan Bo - **EE Chiang Sim**

**SET
GOALS
AND
CRUSH
'EM.**

**"It's not the size of the dog in the fight,
it's the size of the fight in the dog."**

– Mark Twain

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.

Combined Classes (Thursday/Friday)

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

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

Musketeers	4:45pm (30 mins)
Juniors/Seniors (White-Blue1)	5:15pm (45 mins)
Patterns & 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)
Patterns & Grading	11:30am (30 mins)
Seniors	12:00pm (60 mins)
Black Belt Class	12:00pm (75 mins)

Marketing/Newsletters

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

Calendar & Events

July

15th Term 2 Starts

28th ATVI Victorian State Selections (Poomsae and Sparring)

August

10th Fight Club @ Ringwood

September

6th Nationals Championships 2019
20th Term 3 Ends

**DESTROY
EVERYTHING
THAT
DESTROYS
YOU**



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.

“I shall return.” — Douglas MacArthur
(And he did)

MTC InterClub 3rd June 2019

Congratulations to all our competitors for the MTC InterClub. Well done everyone!

Gold - Andy L.

Silver - Jake F., Sofia H., Nathan M., Elliott L.

Bronze - Ben St.C.

ATVI Winter Sparring Results 26th May 2019

Congratulations to the fighters in the ATVI Winter Sparring. Excellent work guys! Well done!

Gold - Sofia H., Jack H., Sarah A.

Silver - Nathan M., Andy L., Elliott L.

Turn up the sweat!

Gradings / Belt Promotions

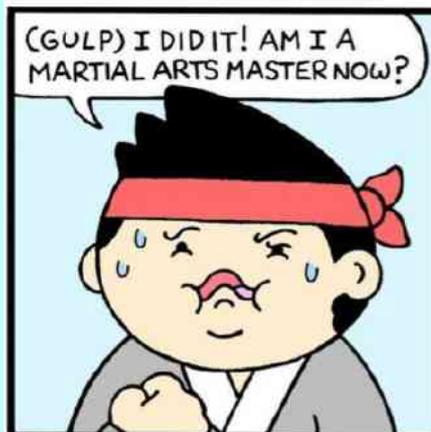
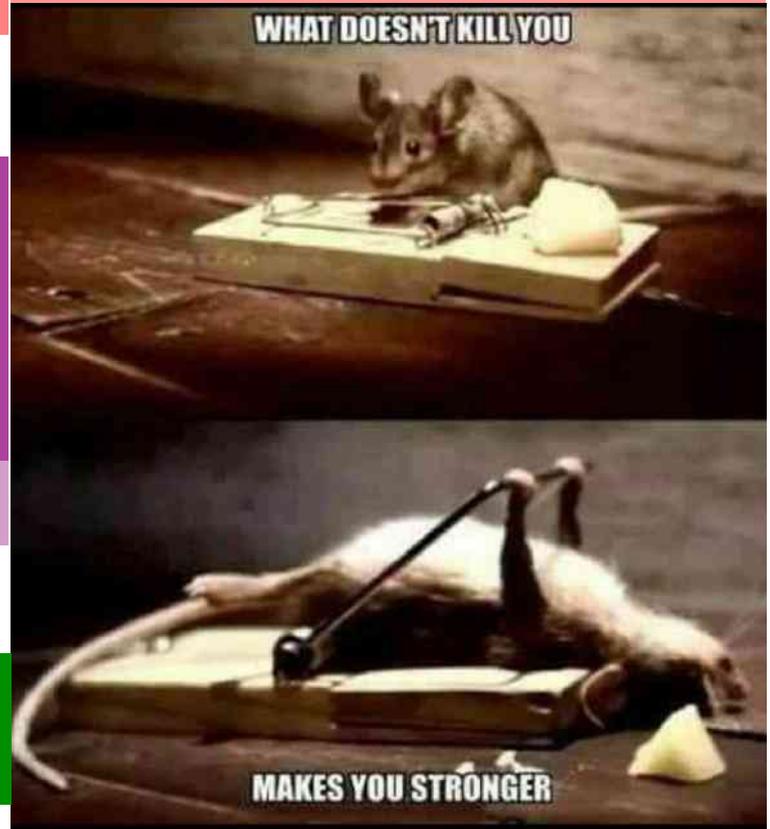
Please note it is not automatic that students will grade at the end of every term. Students are invited to grade by the Head Instructor once they are ready. Generally speaking to be eligible to sit a full belt grading the **student will have attended at least 70-80% of their scheduled classes during 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.**

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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



MMA, BJJ & WEAPONS SEMINAR

Learn Mixed Martial Arts and Brazilian Jiu Jitsu techniques.



LEARN Practical & tactical military style close quarter combative techniques.

As well as advanced BJJ & Weapons self defence.

Open to Men and Women 12 years and up

Hosts

Master Jamie Marsh
Head instructor Christian Ampong
BJJ Black Belt Chris Arnott

When (Last Saturday each term)

Term 1 - Saturday 6th April
Term 2 - Saturday 29th June
Term 3 - Saturday 21st September
Term 4 - Saturday 14th December

Time

2:30pm - 5:30pm

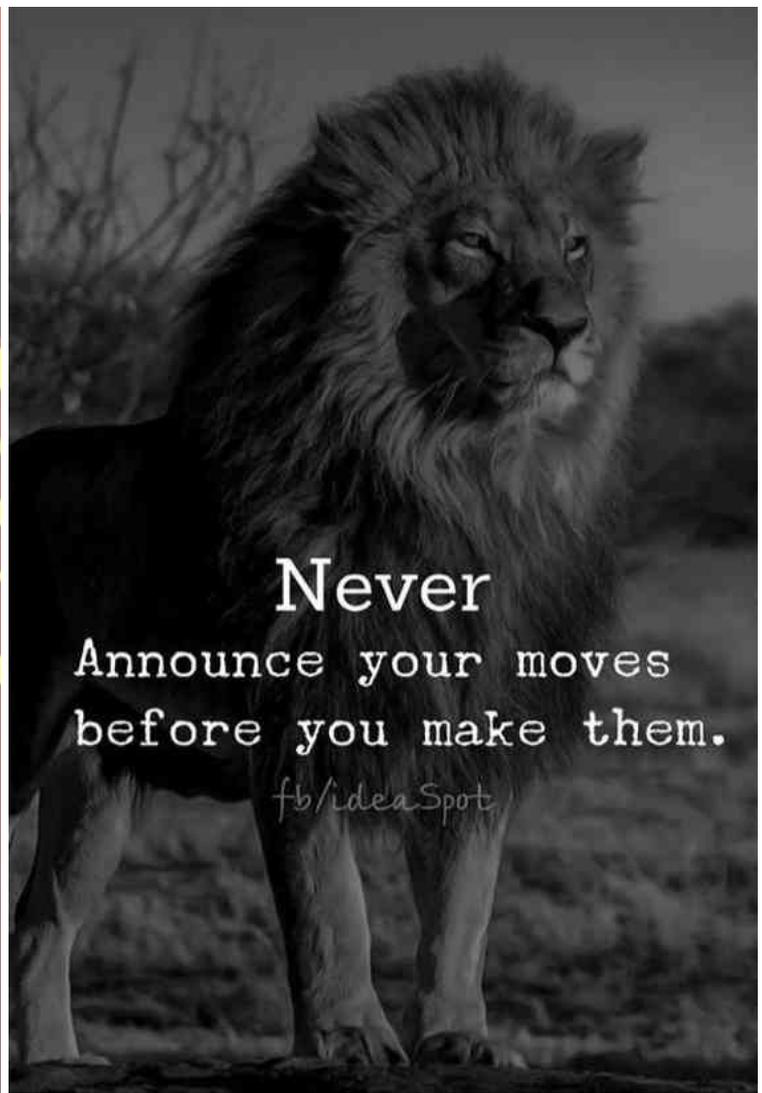
Cost

MTC Members \$30
Non-Members \$90

Book Early. Spaces Limited.



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Never
Announce your moves
before you make them.

fb/ideaSpot

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.

TAEKWONDO for LIFE



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

