

Melbourne Taekwondo Centre Ringwood Branch

"Prepare for Life!"

December 2019



TEAM LEADER UPDATES

A big welcome to **Charlotte Arnott** (level 2) and **Alesha Floody** (level 3) for joining the Team Leader program. Congratulations to **Taylah Birthisel, Samantha White, Julie Wang, Abby Birthisel** and **Annika Best** for achieving level 4 (Red belt).

If you (or your child) is interested in joining the team leader program, please talk with the instructor.

OUR NEW BLACK BELTS!

HUGE CONGRATULATIONS to our newest Black Belts, Cho Dan Bos, and Probationary Black Belts. You survived three lots of five hour training classes, hundreds of classes, self defence, plus the grading itself. **Well done everyone!**

3rd Dan

Tyler Marsh

2nd Dan

Ben StClair
Paul Dynan
Bella Woodrow
Ella Pollard
Alexia Brady

Probationary Black Belt

Tessa Rowlands

Cho Dan Bo

Nate Lucas
Eliz Bilal
Chanhee Park
Marie Arbogast

1st Dan

Adrian Amitovsky
Jake Ferris
Patrick McConachy
Kate Rothenbuecher
Adrian Pickering
EE Chiang Sim
Ethan Lee
Wyatt Thai
Olivia Dyason
Sienna Dyason
Jade Dyason
Michelle Dyason
Sebastian Hansen
James Howey
Cameron Bailey
Owen Huges

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.

Combined Classes (Tuesday/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.

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 (→Blue1)	4:30pm (45 mins)
Senior Juniors (Blue2→)	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)
Brazilian jiu-jitsu - Juniors	5:15pm (45 mins)
Juniors/Seniors (→Blue1)	5:30pm (45 mins)
Brazilian jiu-jitsu - Seniors	6:00pm (60 mins)
Juniors/Seniors (Blue2→)	6:15pm (45 mins)
Patterns & Grading	7:00am (30 mins)
Mixed Martial Arts (MMA)	7:00pm (45 mins)

Wednesday

Musketeers	4:15pm (30 mins)
Juniors (→Blue1)	4:30pm (45 mins)
Senior Juniors (Blue2→)	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)
Brazilian jiu-jitsu - Juniors	5:15pm (45 mins)
Juniors/Seniors (→Blue1)	5:15pm (45 mins)
Juniors/Seniors (Blue2→)	6:00pm (45 mins)
Brazilian jiu-jitsu - Seniors	6:00pm (60 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 (→Blue1)	5:15pm (45 mins)
Patterns & Grading	6:00am (30 mins)
Juniors/Seniors (Blue2→)	6:30pm (45 mins)

Saturday

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

Calendar & Events

December

13th Term 4 Ends

14th MMA/BJJ Seminar
15th First Response course

25th Christmas Day
26th Boxing Day

Jan '2020

1st New Years Day

February

3rd Term 1 Starts

10th Bring-Your-Friends
Week (ends 15th Feb)



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.



LIFE DOESN'T GET...

...EASIER.

YOU JUST GET...

...STRONGER.

BRAZILIAN JIU-JITSU CLASSES!

Hi everyone! Next term MTC Ringwood are introducing BJJ classes on Tuesdays and Thursdays. There is a class just for Juniors, and one for Seniors. The classes will be run by Chris and Ian (BJJ instructors.)

Come along and check the classes out. This is a great martial art which will teach you and your kids amazing self defence, and burn lots of calories in the process.



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



Hand Wrap Setup

1 Loop over thumb, behind palm, then over wrist.	2 Wrap twice around wrist.	3 Up behind back of palm.	4 Across front of palm, around knuckles twice.
5 Around knuckles twice.	6 Back down to wrist.	7 Loop under & around thumb.	8 In front of palm & thru pinky, back down wrist near thumb.
9 In front of palm, thru ring finger, back down to wrist near thumb.	10 Around thumb one last time.	11 In front of wrist & up thru pointer finger.	12 Wrap over top and around wrist twice w/ long wraps, once w/ short.
13 Up around front of palm around knuckles.	14 Back down to wrist & FINISH!		

www.parana-sports.com

“Yoga is easy. It’s just slow Karate.”

Anonymous, 8 year old.

\$25 Fee (Normally \$100)

15 December 2019

First Response

4-Hour Course

What do you do if you're the first responder to an emergency situation? What if the situation is still dangerous? This four hour course can help you.

Course starts at 3pm, finishes 7pm

Practical activities will include scenario training to allow participants to rehearse Contact/Cover and Safety Communication while responding to common incidents as well as managing more problematic incidents.

Both instructors are former Police members with 15 plus years of operational experience.

Learn to be Safe

This course was designed for emergency response units and is perfect for parents, teachers, black belts and anyone who values personal safety.

Course will include theory and practical activities.

The theory

Learn the S.A.F.E. Principle, Dynamic Risk Assessment, recognizing different types of violent behaviour and appropriate responses, and more.

Contact us!

10 Maroondah Highway, Ringwood Vic 3134
(03) 8806 9374 martialarts.com.au

Blast from the Past



Grand Master Jack Rozinszky and Master Jamie Marsh.



BJJ fighters from the John Will Seminar (8th November.)

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.**

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.

“Your son has been fighting in school.”

“Okay ... does he close distance quickly and attack the body? Any takedowns? How is his cardio?”

If you run from your fears, they will follow you.
If you run straight at your fears, they will get the hell out of your way. Fears hate it when you do that.

MARTIAL ARTS TRAINING COMPANY



END OF YEAR AWARDS 2019



Maximus Sourivong
Most Improved Musketeer

Teah Simpson
Most Improved Junior

Orlarndo Aquilina
Junior Spirit Award

Aleisha Floody
Junior Encouragement Award

Tyler Marsh
Fighter of The Year

Grace Walton
Poomsae Competitor of The Year

Patrick McConachy
Most Improved Black Belt

Jeremy Walton
The Pollard Family
The StClair Family
Ryan Stevens
Tony Devlin
Michael Woodrow
Paul Santiago
Peter Bedggood
Appreciation Award



Elii Geoghegan
Junior Team Leader of The Year

Taylah Birthisel
Junior Team Leader of The Year

Sarah Aschmann
Instructor of The Year

Ben StClair
Trainee Instructor of The Year