



# Melbourne Taekwondo Centre Ringwood Branch

**"Prepare for Life!"**  
December 2020



## MTC'S NEWEST BLACK BELTS & CHO DAN BO'S!

**CONGRATULATIONS TO OUR 2020 BLACK BELTS  
AND CHO DAN BO STUDENTS! WELL DONE!**



Elizabeth Panagiotopoulos Cho Dan Bo 2 stripes

Patrick McConachy 2nd Pum Black belt

Annika Best Cho Dan Bo

**Daniel Watkins Cho Dan Bo**

Dharma Harris 1st Pum Black belt

**Erin Dean 1st Dan Black belt**

Georgina Yeo Cho Dan Bo

**Grace Walton 1st Pum Black belt**

Isaac Doungas Cho Dan Bo 2 stripes

**Lenny Quinn 3rd Pum Black belt**

Mattius Koziol Probationary Black Belt

**Milena Pucci Cho Dan Bo**

Miranda Watkins Cho Dan Bo

**Nate Lucas 1st Pum Black belt**

Orlarndo Aquilina 1st Pum Black belt

Troy Harris 1st Dan Black belt

**Xabrina Yeo Cho Dan Bo**

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

# MTC CLASS SCHEDULE



MARTIAL ARTS TRAINING COMPANY  
 martialarts.com.au 2021 - TERM 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	COVID19 RULES
4:15pm - 4:40pm TKD Musketeers	5:00pm - 5:25pm TKD Musketeers	4:15pm - 4:40pm TKD Musketeers	4:30pm - 4:55pm TKD Musketeers	9:30am - 9:55am TKD Musketeers	<ul style="list-style-type: none"> <li>All students to change into their uniform BEFORE coming to or leaving the club.</li> <li>Take home all clothing/equipment.</li> <li>Use hand sanitiser before and after class.</li> <li>Keep your distance from students and instructors.</li> </ul> <p><b>If you are sick, please stay home.</b></p>
4:45pm - 5:25pm TKD Juniors (Beginner-Blue1)	5:30pm - 6:10pm TKD Juniors & Seniors (Beginner-Blue1)	4:45pm - 5:25pm TKD Juniors (Beginner-Blue1)	5:00pm - 5:40pm TKD Juniors & Seniors (Beginner-Blue1)	10:00am - 10:40am TKD Juniors & Seniors (Beginner-Blue1)	
5:30pm - 6:10pm TKD Juniors (Blue2-Black Belt)	6:15pm - 6:40pm TKD Patterns/Grading (Yellow 3 and up)	5:30pm - 6:10pm TKD Juniors (Blue2-Black Belt)	5:45pm - 6:25pm TKD Juniors & Seniors (Blue2-Black Belt)	10:45am - 11:25am TKD Juniors & Seniors (Blue2-Black Belt)	
6:15pm - 6:55pm TKD Fight Class (Yellow 3 and up)	6:30pm - 7:10pm MMA / BJJ Juniors	6:15pm - 6:55pm TKD Fight Class (Yellow 3 and up)	6:30pm - 7:20pm Boxing, Kickboxing & Group Fitness	11:30am - 11:55am TKD Patterns/Grading (Yellow 3 and up)	
7:00pm - 7:50pm Boxing, Kickboxing & Group Fitness	6:45pm - 7:25pm TKD Juniors & Seniors (Blue1-Black Belt)	7:00pm - 7:50pm MMA / BJJ	7:25pm - 8:15pm TKD Seniors (Adv) & Black Belts	12:00pm - 12:55pm TKD Seniors	
7:55pm - 8:45pm TKD Seniors	7:15pm - 8:05pm MMA / BJJ Seniors	7:55pm - 8:45pm TKD Seniors	Please note: Class Duration change-over includes a five minute buffer between classes for COVID19.		

**Legend:** Musketeers (4-7) ● Juniors (8-12) ● Seniors (13 and up)

**Term Dates 2021**

Starts	Finishes
<b>Term 1:</b> 1st February.	1st April.
<b>Term 2:</b> 19th April.	25th June.
<b>Term 3:</b> 12th July.	17th September.
<b>Term 4:</b> 4th October.	10th December.

\* Term dates are subject to change. Download our Team App for updates & notifications.

**Public Holidays (No classes)**

● March 8th	Labour Day
● June 14th	Queen's Birthday
● TBA	AFL Grand Final Holiday
● November 1st	Day before Melbourne Cup
● November 2nd	Melbourne Cup

**TEAM APP**

**Team App**

Event dates are subject to change. Download our Team App for MTC updates. Go to [martialarts.com.au/mtc-app](https://martialarts.com.au/mtc-app) for more information.

## 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)

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.



**Science Has Just Confirmed That If You're Not Outside Your Comfort Zone, You're Not Learning.**

# Grading Results

TERM 4, 2020 Congratulations everyone!

Name	Type	Going for
Alex Fang	Jnr	Yellow 2
Alex Peter	Jnr	Blue 1
Allesandra Sanchez	Jnr	Red 3
Annika Best	Jnr	Cho Dan Bo
Arthur Gan	Jnr	Blue 1
Bianca Unwin	Jnr	Red 3
Bonnie MacPherson	Jnr	Yellow 3
Callum Tan	Jnr	Blue Belt
Cameron Weber	Jnr	Blue 2
Charlotte Peter	Jnr	Blue 1
Charlotte Shanks	Snr	Blue 1
Charlotte White	Jnr	Blue 3
Cody Cooke	Jnr	Yellow 2
Daniel Thompson	Jnr	Blue 1
Daniel Watkins	Snr	Cho Dan Bo
Dharma Harris	Jnr	1st Pum
Dinouk Saundage	Jnr	Yellow Belt
Elii Geoghegan	Jnr	Red 1
Elizabeth Panagiotopoulos	Jnr	Cho Dan Bo 2
Erin Dean	Snr	1st Dan
Georgina Yeo	Jnr	Cho Dan Bo
Gideon Zammit	Jnr	Blue 1
Grace Walton	Jnr	1st Pum
Harrison Hogan	Msk	Orange 1
Isaac Doungas	Jnr	Cho Dan Bo 2
Ishaan Venkatesh	Jnr	Red 1
Jordan Shanks	Snr	Blue 1
Lenny Quinn	Jnr	3rd Pum
Luca Pucci	Jnr	Blue 3
Luke Unwin	Jnr	Red 3
Mattius Koziol	Jnr	Probationary BB
Max Alder	Jnr	Blue 2
Max Sourivong	Msk	Yellow 1
Michael Koziol	Snr	Blue 1
Milena Pucci	Jnr	Cho Dan Bo
Miranda Watkins	Jnr	Cho Dan Bo
Molly White	Jnr	Blue 3
Natalya Stefanac	Snr	Blue 1
Nate Lucas	Jnr	1st Pum
Nathan Donnison	Jnr	Yellow 1
Orlarndo Aquilina	Jnr	1st Pum
Patrick McConachy	Jnr	2nd Pum
Ryan Watkins	Jnr	Red 3
Steffi Koziol	Jnr	Yellow 2
Theo Peletidis	Jnr	Yellow 3
Theodore Zammit	Jnr	Red 1
Troy Harris	Jnr	1st Dan
Xabrina Yeo	Jnr	Cho Dan Bo
Xavier Hamilton	Msk	Yellow 1

**STAY HUNGRY  
HARD WORK  
PAYS OFF.**



## [Bunnings Staff Meeting]

**BOSS:** "Someone has been breaking all the wooden boards. Any idea who it is?"

**ME:** [tightening my Blue Taekwondo belt]  
"Probably someone pretty strong and amazing."

## 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.

## 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**

**Born to be a  
Taekwondo Artist!**

# End of Term Special Awards

## Most Improved Musketeer

Maximus Sourivong

## Most Improved Junior

Callum Tan

## Most Improved Senior

Natalya Stefanac

## Junior Red Belt Spirit Award

Gideon Zammit

## Junior Blue Belt Spirit Award

Theodore Zammit

## Senior Spirit Award

Erin Dean

## Junior Encouragement Award

Charlotte Shamks

## Junior Encouragement Award

Jordan Shanks

## Senior Instructor of The Year

Tony Devlin

## Team Leader of The Year

Grace Walton

## Assistant Instructor of The Year

Ben StClair

## Senior Instructor Appreciation Award

Paul Dynan

## Senior Instructor Appreciation Award

Julian Hertan

## Senior Instructor Appreciation Award

Paul Santiago

## Senior Instructor Appreciation Award

Bill Howden

## Member of The Year

Jeremy Walton

## Trainee Instructor of The Year

Patrick McConachy

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## Instructor Training Program Updates

**Assistant Instructor** - Grace Walton

**Instructor** - Ben StClair

**Trainee Instructor** - Patrick McConachy



# School Holiday Program

MTC Ringwood will be running a School Holiday Program via Zoom and face-to-face at Halliday Park. Masters Marsh and Cronin will be sending out information on the Program soon. Keep an eye on our Facebook page, Team App, or website. If you'd like more information, email [info@martialarts.com.au](mailto:info@martialarts.com.au)



We have our own **Instagram** account. Search for, [martialarts.com.au](https://www.instagram.com/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.