

# Melbourne Taekwondo Centre Ringwood Branch

**"Prepare for Life!"**

**March 2018**



## FIGHT CLUB

On a warm Saturday afternoon (24th February) crowds of parents, supporters, instructors and students all attended the MTC Ringwood do'jang to watch as fifty-five students go head-to-head in a fun, friendly, fighting event. We split the fighters into two groups, based on height, and once we sorted out the iPod music, the fighters went into battle. **The results were 790 points to the Red team, and 724 to the Blues. Well done everyone!** The next Fight Club is on the 12th May @ Glen Waverley. Check out our website for more information.

If you or your child would like to attend the Fight Club, please discuss your interest with Master Jamie Marsh. You'll also need to attend the Fight Classes which are on Mondays and Wednesdays.

**mixed martial arts**

**self-confidence**

**fitness**

**weight loss**

**empowerment**



### New Tuesday MMA/Womens Self Defence Class

Beginning term two we are starting a new combined MMA/Womens Self Defence class on Tuesdays @ 8:30pm. This class is open to everyone, and will feature a mix of martial arts like Krav Maga & BJJ.



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

## BELT-UP!

### SCHOOL HOLIDAY PROGRAM

with free extra grading\*

Want to do a **WHOLE** term of Taekwondo training, in just **FIVE DAYS!!** Check out MTC's **Accelerated** Belt-Up holiday program for April 2018.

- Ideal for students who want to vastly improve their Taekwondo skills.
- Beginners are always welcome! (free belt/grading included.)
- Learn Anti-Bullying techniques, fitness, respect, manners, control and what to do in emergency situations.
- Build Self confidence and Self defence.
- Stacks of games, heaps of fun, lots of prizes everyday!

**WHEN** 9th to 13th April 2018.

**TIME** Musketeers 9am-10am.

Juniors 10am-11:30am.

**COST** Musketeers \$169 each.

Juniors \$189 each.

(\*\$55 grading cost included.)

Please register with reception by **29th March**.

### REQUIREMENTS

- Students must complete ALL classes to be eligible for a boost or full stripe.
- Students may only achieve a maximum of two full stripe gradings per year under the Belt Up program.
- Beginners to Yellow 2 are eligible for a boost/full stripe. Yellow 3 to Red 2 are eligible for boost grading only. Red 3 and above not eligible.
- For more info; Paul on [paul@martialarts.com.au](mailto:paul@martialarts.com.au)
- If we don't have enough students attending, the program will not run and a full refund issued. Parents will be notified a week before the start date.

**LIMITED SPACES AVAILABLE.  
PLEASE BOOK EARLY.**



By taking a  
**SINGLE STEP**  
you've already  
**OUTPERFORMED**  
MILLIONS of people  
who've made excuses

## 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 senior level belt holders red belt and up, 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 semi to full contact sparring. Always bring your protective gear!

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

## Class Schedule

### Monday

Musketeers	4:15pm (30 mins)
Juniors (White-Blue1)	4:40pm (45 mins)
Juniors (Blue2-Black)	5:20pm (45 mins)
Fight Class	6:00pm (60 mins)
Seniors	7:00pm (60 mins)
Boxing/Kick Boxing	8:00pm (60 mins)

### Tuesday

Musketeers	5:00pm (30 mins)
Juniors (White-Blue1)	5:30pm (45 mins)
Juniors (Blue2-Black)	6:15pm (45 mins)
Competition/Grading	7:00pm (30 mins)
Seniors	7:30pm (60 mins)
MMA/Womens Defence	8:30pm (45 mins)

### Wednesday

Musketeers	4:15pm (30 mins)
Juniors (White-Blue1)	4:40pm (45 mins)
Juniors (Blue2-Black)	5:20pm (45 mins)
Fight Class	6:00pm (60 mins)
Seniors	7:00pm (60 mins)
Mixed Martial Arts	8:00pm (60 mins)

### Thursday

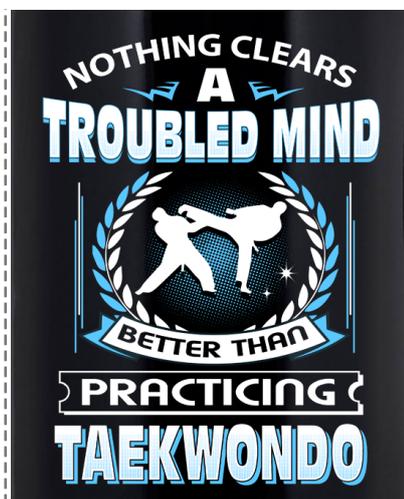
Little Dragons	4:15pm (30 mins)
Musketeers	4:45pm (30 mins)
Juniors/Seniors (White-Blue1)	5:15pm (45 mins)
Juniors/Seniors (Blue2-Black)	6:00pm (45 mins)
Boxing/Kick Boxing	6:45pm (60 mins)
Seniors (Master Class)	7:45pm (60 mins)
Black Belt Class	7:45pm (75 mins)

### Friday

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

### Saturday

Musketeers	9:30am (30 mins)
Juniors (White-Blue1)	10:00am (45 mins)
Juniors (BL2-BK)	10:45am (45 mins)
Competition/Grading	11:30am (30 mins)
Seniors	12:00pm (60 mins)
Black Belt Class	12:00pm (75 mins)



## Calendar & Events

# April

- 9th Belt-Up School Holiday Program (finishes 13th)
- 15th Kyrougi Coaching Accreditation Course
- 16th Term 2 Starts
- 23rd Bring-Your-Friends Week (finishes 28th)
- 25th Anzac Day (No classes)

# May

- 6th ATV Autumn Open Competition
- 12th Fight Club

# June

- 11th Queens Birthday (No classes)
- 16th Taekwondo Grading
- 20th Taekwondo Grading
- 25th Bring-Your-Friends Week (finishes 29th)
- 25th Boxing Grading
- 27th MMA Grading
- 28th Term 2 Ends
- 29th Movie Night

# THIS IS HOW I ROLL



## MTC Instructor & Weapons Seminars

On the 10th March Master Jamie Marsh ran the annual Instructor seminar. This is where team leaders (blue belt and higher), current Instructors, and those who want to become Instructors learn how to communicate, teach, demonstrate, and inspire students in Martial Arts. **If you or your child is interested in becoming a team leader (or Instructor), then speak with Jamie and/or David, or one of the Senior Instructors (Dearne and Paul) about your interest.** There is also some information in the Student section of the website. For events such as birthday parties, belt-up programs, fates, etc we source our helpers from the current pool of Team Leaders. There are a lot of benefits to being a team leader - go on, check it out. Oh, and Jamie also taught some weapons stuff as well.

## Where Are The MTC Competitions?!

Due to how busy Melbourne Taekwondo Centre are this year they've had to forgo the Moomba and Inter-Club competitions. However we do have the **ATV May Open** (May 6th), **Winter Open** (July 21st) and **Victoria Selection** (Sept 8th/9th). Keep an eye out for posters, and on the website for up coming events.

## Why Girls should learn BJJ (part 1)

Coz it allows their to get from that position ...



... To this ONE : where you can break the arm of your opponent and choke him at the same time .



## 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.)

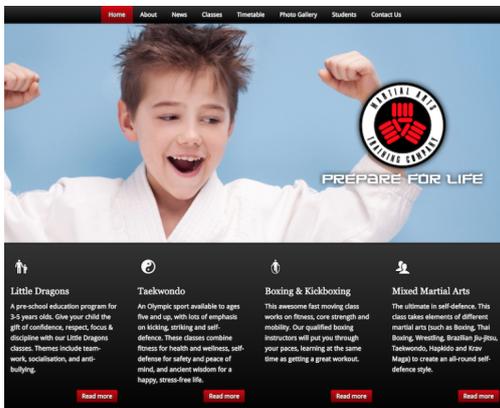


## Did you know...

**Martial Arts Training Company** has **35 classes every week**. That is **25 hours of Martial Arts per week**. When added together, we have over **1,435 Martial Arts classes per year (or 1,000 hours of Martial Arts each year.)** This doesn't include events such as Movie Night, Fight Club, MTC Games, Team Leader Day, Bring-Your-Friends Week, Belt-Up Program, Birthday Parties, Gradings and Seminars. **Awesome!**

## 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%** 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.**



**Our New Website!**  
 In January we rolled out our new website. It has all our classes, syllabus, a student only section, videos, photo gallery, instructor information, and more information than you can shake a cat's tail to. *We also love feedback and if you have any comments about the website, please send it to [info@martialarts.com.au](mailto:info@martialarts.com.au)*

**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](http://martialarts.com.au) and click on the MTC App link. *Available to iOS and Android.*



# FEEL STRONG.

**perfect for womens self defence**

**mixed martial arts**

**self-confidence**

**fitness**

**weight loss**

**empowerment**



**MMA & Womens Self Defence  
 Tuesdays @ 8:30pm  
 Open to Everyone (12 years+)  
[martialarts.com.au](http://martialarts.com.au)**



# BE STRONG.

The person who says it cannot be done should not interrupt the person doing it. - Chinese Proverb

**Marketing & Newsletters**  
 Newsletter prepared by Paul Corrigan. Editors: Master Jamie Marsh, and Master David Cronin.

## KIDS PARTY

• 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**

