



Melbourne Taekwondo Centre Ringwood Branch

"Prepare for Life!"

March 2020



Congratulations to Grand Master Mr Rozinszky on six decades of leadership and guidance at the helm of the Melbourne Taekwondo Centre. Thank you to all the people who made the 806 celebration a huge success. Fantastic to see so many past and present members reunited for the first time in many years. Another amazing milestone for our club, looking forward to the next six decades.



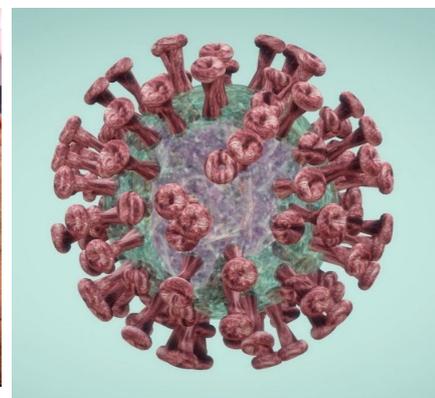
ATV Autumn Poomsae Competition

Well done to Grace for winning Bronze at the ATV Autumn competition on 8th March 2020. Congratulations! If you're interested in competing in the upcoming competitions (Poomsae/Sparring), please talk with the head instructors.



Fight Club Changes

The once-a-term Fight Club event is going to be held at MTC Glen Waverley from now on. Master Andrew Rozinszky and Master Jamie Marsh are working on a new event structure which will incorporate more events, lots of fun, skills, techniques and of course, more action. Stay tuned to our website and Team App.



Coronavirus and MTC

MTC take hygiene in the club very seriously. If you are sick, please do not come to classes. Bring your own water bottle and a towel. Wash your hands after going to the bathroom. If you have them, wear head/wrist sweat bands. Take home all training gear - do not leave it at the club.

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

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	7:00pm (60 mins)
Seniors (Advanced)	8:00pm (60 mins)
Black Belt Class	8:00pm (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

March

21st Term 1 Ends

April

13th Easter Monday

14th Term 2 Starts

20th Bring-Your-Friends
Week (ends 24th Apr)

25th Anzac Day (No classes)

May

10th Mother's Day

11th Mother's Day Week



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.

IN LIFE...



IT'S NOT
HOW YOU
FALL,

TA
DAH!!



IT'S HOW YOU
RESPOND
TO IT ♡

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

WE'D LOVE YOUR PHOTOS AND VIDEOS!

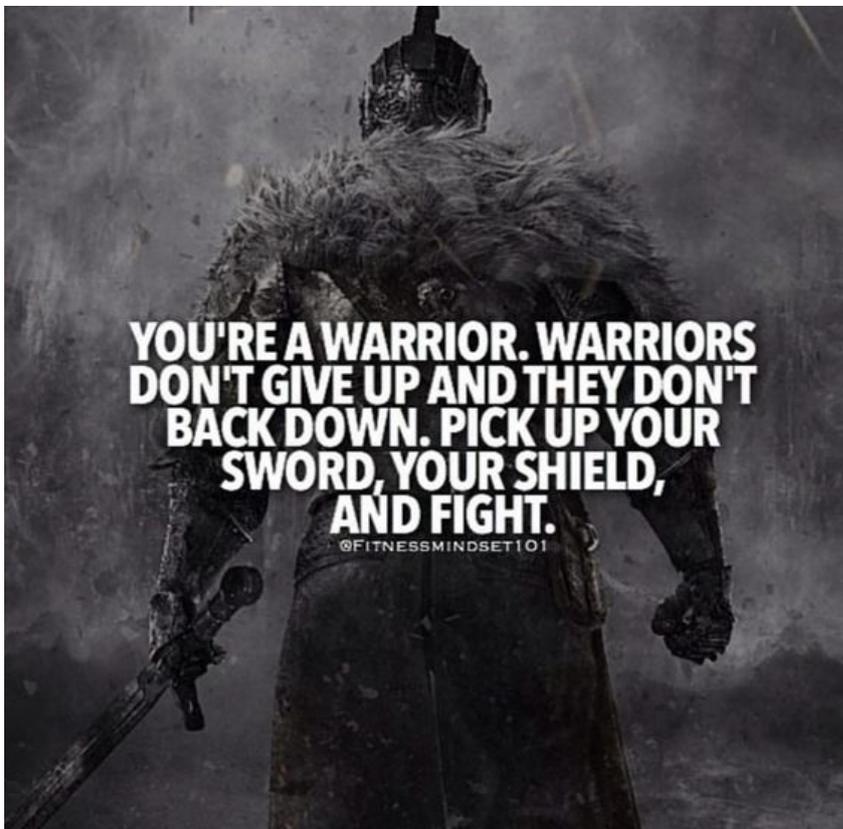
If you have any **great photos or videos** of the students or MTC events and competitions, please send them through to us at:

photos@martialarts.com.au

BRAZILIAN JIU-JITSU CLASSES!

Hi everyone! MTC Ringwood have 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 out this great martial art which will teach you and your kids amazing ground self defence, and burn lots of calories in the process.



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.**

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.



10 MAROONDAH HIGHWAY
RINGWOOD 3134
(03) 8806 9374
MARTIALARTS.COM.AU

Open to Men and Women 12 years and up

Hosts

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

When (Last Saturday each term)

Term 1 - Saturday 28th March
Term 2 - Saturday 27th June
Term 3 - Saturday 19th September
Term 4 - Saturday 12th December

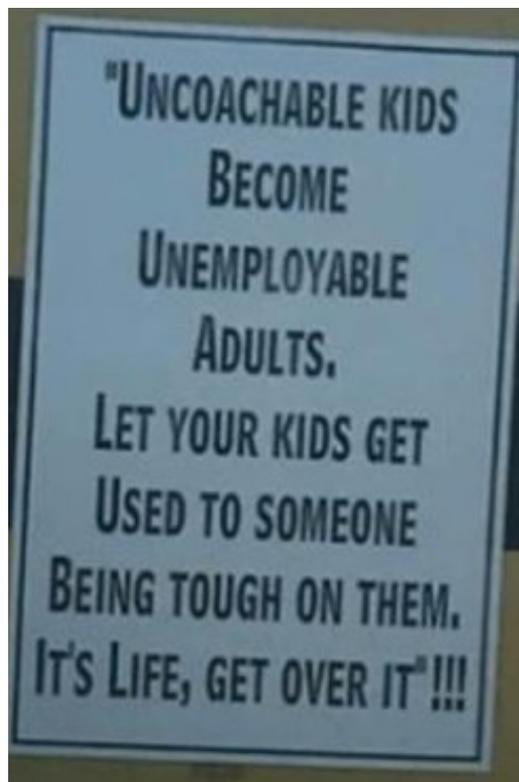
Time

2pm - 5pm

Cost

MTC Members \$30
Non-Members \$90

Book Early. Spaces Limited.



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.



EXTREME HUNTING