



Melbourne Taekwondo Centre Ringwood Branch

"Prepare for Life!"

June 2018



Our New Black Belts!

MTC MOVIE NIGHT 29th June 2018

Parents and Guardians!

Its tough to have a night out these days right?!

MTC is here to help!

We'll look after your **Little Dare Devil** for 4½ hours while you go and enjoy an evening on the town. Its cheaper than a baby sitter, and our way of saying thanks for all your support.

Yes, we'll even feed them too.

**G/PG Movie! Prizes! Friends!
Martial Arts Training/Demo!
Competitions! Snacks!
4½ hours of fun & games!**

Where: 10 Maroondah Highway,
Ringwood 3134

When: Friday, 29th June 2018

Time: 6pm arrive, 6:30pm start,
10:30pm finish

Cost: \$30 per child (Team leaders get in for free, can bring 1 guest)

Go to MTC Reception desk for bookings. Please advise us of any allergies. Wear warm loose clothing. Don't forget the Onesies & PJs Competition. Bring along your fav toy!

It is with great pleasure that MTC Ringwood announce their newest **Black Belts**.

These students have worked hard, perfecting their techniques, knowledge, and skills in Taekwondo, Poomsae, Self Defence, Terminology, and of course our famous Circle of Courage. They have attended three Saturday classes that were five hours long each, and have come out on top.

Congratulations and well done everyone.

Cho Dan Bo

Amy Cornell

1st Dan/Poom

Alexia Brady

Sofia Heldmark

Jack Haward

Elizabeth Reddie

Cameron Collier

Hunter Jefferies

2nd Dan

Eloise Jefferies

Elliot Lee

3rd Dan

Emily Moore



Term 3 Timetable Changes

From term 3 the Monday and Tuesday schedules have changed slightly. Please check the new times on page 2, or pick up an updated at the reception desk.

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

Class Schedule

Monday

Musketeers	4:10pm (30 mins)
Juniors (White-Blue1)	4:30pm (45 mins)
Juniors (Blue2-Black)	5:05pm (45 mins)
Fight Class	5:45pm (60 mins)
Boxing/Group Fitness	6:45pm (60 mins)
Seniors	7:45pm (60 mins)
Black belt/Cho Dan Bo	7:45pm (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)

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)

Motivation is
What gets You
Started. Habit is
What keeps
You Going!

Calendar & Events

June

25th Boxing Grading
27th MMA Grading
28th Term 2 Ends
29th Movie Night

July

17th Term 3 Starts
21st ATV Winter Open
Competition
23rd Bring-Your-Friends
Week (finishes 28th)

August

11th Fight Club
25th MTC Games

September

8th Victorian Selections
Competition
12th Taekwondo Grading
15th Taekwondo Grading
17th Bring-Your-Friends
Week (finishes 22nd)
17th Boxing Grading
18th MMA Grading
21st Term 3 Ends

**UNLESS
YOU
PUKE,
FAINT,
OR DIE,
KEEP
GOING!**

How others see you is not important..



How you see yourself means everything!



ATV Autumn Open Competition Results

Huge congratulations to our fighters and poomsae competitors in the May 6th Open. The students and coaches had a great day.

Sparring

Gold Medal - Ben S., Nathan M., Sarah A.

Silver Medal - Amy C., Elliott L., Jack H., Sofia H., Sebastian J.

Bronze Medal - Tyler M.

Poomsae

Gold - Ethan L.

Well done!

InterClub Results

27th May 2018

Well done to all our competitors at the InterClub today. Jamie said they were fantastic fighters who displayed strength of spirit. Also a big thank you to Master Bill Howden, Liz Reddie, Christian Ampongan, and parents/supporters.

Gold

Adrian A.
Eloise J.
Sofia H.
Wyatt T.

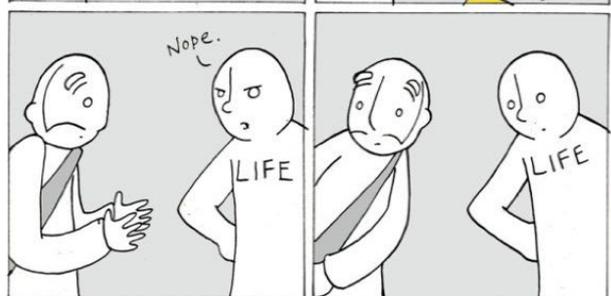
Silver

Amy C.
Jack H.
Tyler M.
Sebastian J.

Bronze

Ben S.
Jake F.
Lenny Q.
Sebastian J.

“DON'T TRY TO BE LIKE JACKIE. THERE IS ONLY ONE JACKIE. STUDY COMPUTERS INSTEAD.”
- JACKIE CHAN



www.lunarbaboon.com

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.)

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 and click on the MTC App link. Available to iOS and Android.

WAKE UP. BE AWESOME. BE KIND. REPEAT.

Marketing/Newsletters

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



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.



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.

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.

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