



Melbourne Taekwondo Centre Ringwood Branch

“Prepare for Life!”

June 2020



We're Back!

You heard us correctly ladies and gentlemen. MTC Ringwood are back for term 3 (starting on the 13th July 2020.) Thank you to everyone who has joined us with the MTC Online classes. We know COVID19 has been hard on both parents, students, instructors, and team leaders in most parts of their lives and daily routine. Jamie and David have been working hard on a new timetable, applying the government COVID19 rules and regulations, and getting the club classroom ready for everyone.

COVID19 is still a real threat and the club is taking every precaution against its spread. All equipment will be sanitised and cleaned after every use. Change rooms will be closed so all students are required to be in their class uniform before they come to class. Parents will no longer be able to wait in the waiting area. The arcade area will be redesigned to minimise contact with each other. In the classroom we will no longer have physical contact and all students must remain 1.5 metres apart at minimum. Students will be required to wash their hands before and after classes.

For students who want to train from home still we will be running limited online classes (Taekwondo and Boxing/fitness) on Mondays to Thursdays. Check the timetable for the online class times.

Like most businesses and clubs, we're starting off slow and ensuring everyone is safe. If you or your child is sick, please **DO NOT** come to classes. Get better first. If you are sick, please let us know.

Let's stay apart to stay together.



**Learn from yesterday, live for today
and have hope for tomorrow.**

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.



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.

martialarts.com.au

Class Schedule

Monday

Musketeers	4:15pm (25 mins)
Juniors (→Blue1)	4:45pm (40 mins)
Senior Juniors (Blue2→)	5:30pm (40 mins)
Fight Class	6:15pm (50 mins)
Boxing/Group Fitness	7:00pm (50 mins)
Seniors	7:55pm (50 mins)

Online Classes

Juniors/Seniors (All belts)	6:15pm (40 mins)
Boxing/Group Fitness	7:00pm (50 mins)

Tuesday

Musketeers	5:00pm (25 mins)
Juniors/Seniors (→Blue1)	5:30pm (40 mins)
Patterns & Grading	6:15pm (25 mins)
MMA/BJJ Juniors	6:30pm (40 mins)
Juniors/Seniors (Blue2→)	6:45pm (40 mins)
MMA/BJJ Seniors	7:15pm (40 mins)

Online Classes

Juniors/Seniors (All belts)	6:15pm (40 mins)
Boxing/Group Fitness	7:00pm (50 mins)

Wednesday

Musketeers	4:15pm (25 mins)
Juniors (→Blue1)	4:45pm (40 mins)
Senior Juniors (Blue2→)	5:30pm (40 mins)
Fight Class	6:15pm (50 mins)
MMA/BJJ	7:00pm (50 mins)
Seniors	7:55pm (50 mins)

Online Classes

Juniors/Seniors (All belts)	6:15pm (40 mins)
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Thursday

Musketeers	4:30pm (25 mins)
Juniors/Seniors (→Blue1)	5:00pm (40 mins)
Juniors/Seniors (Blue2→)	5:45pm (40 mins)
Boxing/Group Fitness	6:30pm (40 mins)
Seniors/Black Belt (Adv)	7:25pm (40 mins)

Online Classes

Juniors/Seniors (All belts)	6:15pm (40 mins)
Boxing/Group Fitness	7:00pm (50 mins)

Saturday

Musketeers	9:30am (25 mins)
Juniors (→Blue1)	10:00am (40 mins)
Senior Juniors (Blue2→)	10:45am (40 mins)
Patterns & Grading	11:30am (25 mins)
Seniors	12:00pm (50 mins)

Calendar & Events

July

18th Term 3 Starts

20th Bring-Your-Friends Week (ends 25th)

September

7th Father's Day Week (ends 12th)

14th Bring-Your-Friends Week (ends 18th)

18th Term 3 Ends

October

4th Term 4 Starts

12th Bring-Your-Friends Week (ends 17th)

November

2nd Day before Melbourne Cup Day (No classes)

3rd Melbourne Cup Day (No classes)

December

7th Bring-Your-Friends Week (ends 11th)

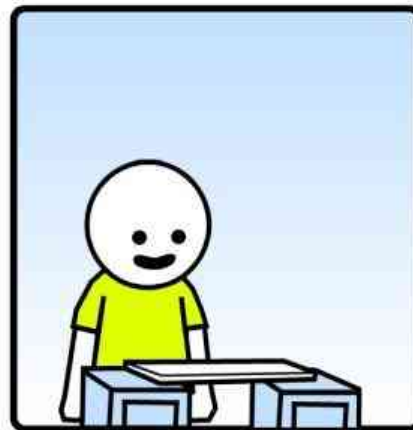
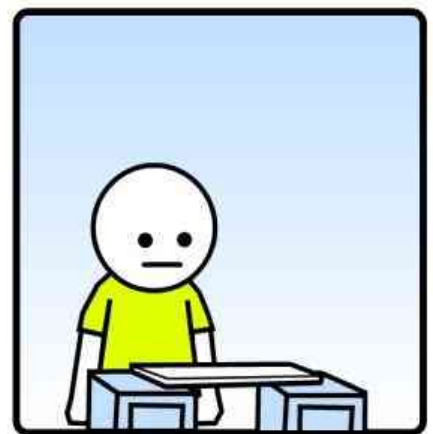
11th Term 4 Ends

**YOU DON'T LOSE
IF YOU GET KNOCKED DOWN
YOU LOSE IF YOU STAY DOWN.**

GRADING RESULTS

For students who graded in terms 1 and 2, we have your grading results and will be giving those out to everyone in the first two weeks of term 3.

For all those who did grade and went up a belt or stripe, congratulations!



THEJENKINSCOMIC

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

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.



MTC Online classes



MTC Ringwood would like to extend a huge thank you to Tony (Devlin), Tony (Brooks), Julian, Bill, Ian, Paul D, Paul S, Chris, Jeremy, David, and Jamie for organising and operating the MTC Online classes and program in term 2.

Many students and parents found it very beneficial and kept their children entertained and moving during the COVID19 lockdown. **Online classes will still be available in term 3** with classes being run by Tony Devlin in Taekwondo and Boxing/Fitness from Mondays through Thursdays. Please check out our new timetable on page 2, or on the website.



**Sorry for being so awesome.
HA HA. Not sorry!**

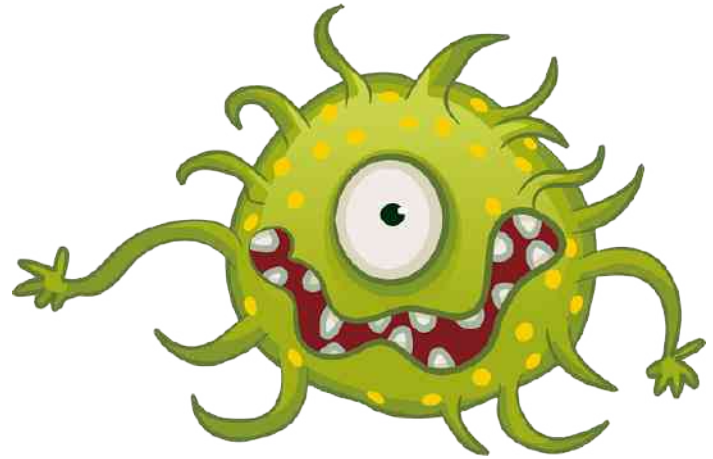


Not every girl wants to be a princess

COVID19 RULES AND REGULATIONS

The Coronavirus disease hasn't gone away. To safeguard you and your child/ren, MTC are implementing the following rules/procedures for all instructors and students.

1. Club start and end times will involve cleaning all used equipment
2. Everyone practice social distancing
3. Where possible bring own equipment e.g. mitts, fight gear
4. No physical contact during classes
5. Wash / sanitise hands before and after every class
6. Must sign in at attendance computer for all classes
7. Sanitise all equipment after use
8. Temperature checks before entry to classroom (38 degrees or higher = no entry)
9. No parents allowed to wait in waiting room
10. Change rooms will be closed. Students must change into their uniforms before coming to classes
11. If sick students must stay home. Please get tested if needed and keep us informed of any COVID19 infection
12. Students with asthma / hay fever need to take medication if required
13. To minimise coughing please wear a mask
14. Check the website regularly to keep up to date with the latest information.



WE ARE COVID19 READY!