



Melbourne Taekwondo Centre Ringwood Branch

“Prepare for Life!”

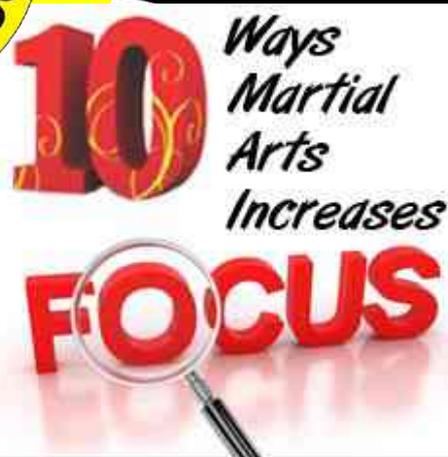
March 2021



TERM 1 IN REVIEW

COVID19 has been with us for over a full year now. Between lockdowns at home, students attending Zoom meetings for both school and Taekwondo classes in their bedrooms or lounge rooms, wearing masks, constantly sanitising and watching the daily COVID virus statistics; we should remind ourselves how lucky we are here in Australia. Many countries have it much worse. Here at MTC we would like to both honour and praise parents and students for sticking with the club during the tough times, working within the Victorian Govt COVID19 regulations, wearing masks, waiting in cars for classes to finish, and being very patient while our staff and instructors respond to the new rules and processes. Also a big thank you to those who were considerate of others and staying home when they were unwell. Numbers were down for us at the club this term however they climbed up a bit which gives us hope that things will be back to normalcy soon. **The greatest honour parents/students can bestow on our club is to tell their friends, neighbours, school-mates, and even strangers what a great club we have, and how the instructors have provided a great area for students to learn, grow, develop their self confidence, practice their martial arts techniques and progress through the grading system.** We're looking forward to next term with so many Cho Dan Bo students looking at gaining their black belt, and the coloured belts looking to move up through the ranks to their next challenge.

“Pain is temporary. It may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If I quit, however, it lasts forever.”
- Lance Armstrong



- 1 *Physical & mental instruction allow you to focus and sharpen the mind.*
- 2 *Repetition & respect establish the focal points that lead to more focused minds.*
- 3 *Belt tests require great amounts of focus in order to perform the curriculum correctly.*
- 4 *The first thing a student learns is to stand at attention and be still. This requires them to focus from the first moment they start.*
- 5 *What you learn will come to you through personal effort. The confidence you get will help you focus on your life goals.*
- 6 *Hyung is a series of moves that are put together. In order to perform them properly, you must have amazing focus capabilities.*
- 7 *Martial Arts utilize both gross and fine motor skills that increases the need for a higher level of focus and concentration.*
- 8 *You are taught correct posture which certainly affects your focus in aspects of your life.*
- 9 *Martial Arts teach focus through competition because you must execute and perform to the highest degree.*
- 10 *As you learn self discipline, you start focusing better.*

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"> All students to change into their uniform BEFORE coming to or leaving the club. Take home all clothing/equipment. Use hand sanitiser before and after class. Keep your distance from students and instructors. <p>If you are sick, please stay home.</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)	6:45pm - 7:25pm TKD Juniors & Seniors (Blue2-Black Belt)	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	7:30pm - 8:20pm MMA Seniors	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		7:55pm - 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
Term 1: 1st February.	1st April.
Term 2: 19th April.	25th June.
Term 3: 12th July.	17th September.
Term 4: 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

Event dates are subject to change. Download our Team App for MTC updates. Go to 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.

THE SWEAT.

THE TIME.

THE DEDICATION.

IT PAYS OFF

ANY PROGRESS IS GOOD PROGRESS.

Team Leader Day



To thank the Team Leaders for their time and efforts with helping in class and giving back to the club, David and Jamie took them to see Peter Rabbit 2 at the Knox Cinemas. Jamie said they had a great time and even had races in the cinema after the movie. Well done everyone!



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.

Train More - Fear Less

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

Marketing/Newsletters

Newsletter prepared by Paul Corrigan.
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martialarts.com.au

