

Melbourne Taekwondo Centre Ringwood Branch

"Prepare for Life!"

December 2021



WELL DONE TO OUR NEW BLACK BELTS

Amazing, fantastic, brilliant; these are the words used to describe our new 2021 Black belts. Well done to **Ben St Clair** (3rd Dan), **Grace Walton** (2nd Poom), **Dharma Harris** (2nd Poom), **Kiara Harris** (1st Poom), **Isaac Doungas** (1st Poom) and **Claire Weber** (1st Poom). Magnificent stuff everyone!

HUGE CONGRATULATIONS!

Back to Face-to-Face Classes in 2022

It has been a tough year between COVID scares, lockdowns, masks, and so on. The club is optimistically looking forward to starting face-to-face classes on the 24th of January 2022. Keep an eye out on our website and Facebook page (and also our Team App) for updates leading up to the new term.

**SET
GOALS
AND
CRUSH
'EM.**



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.

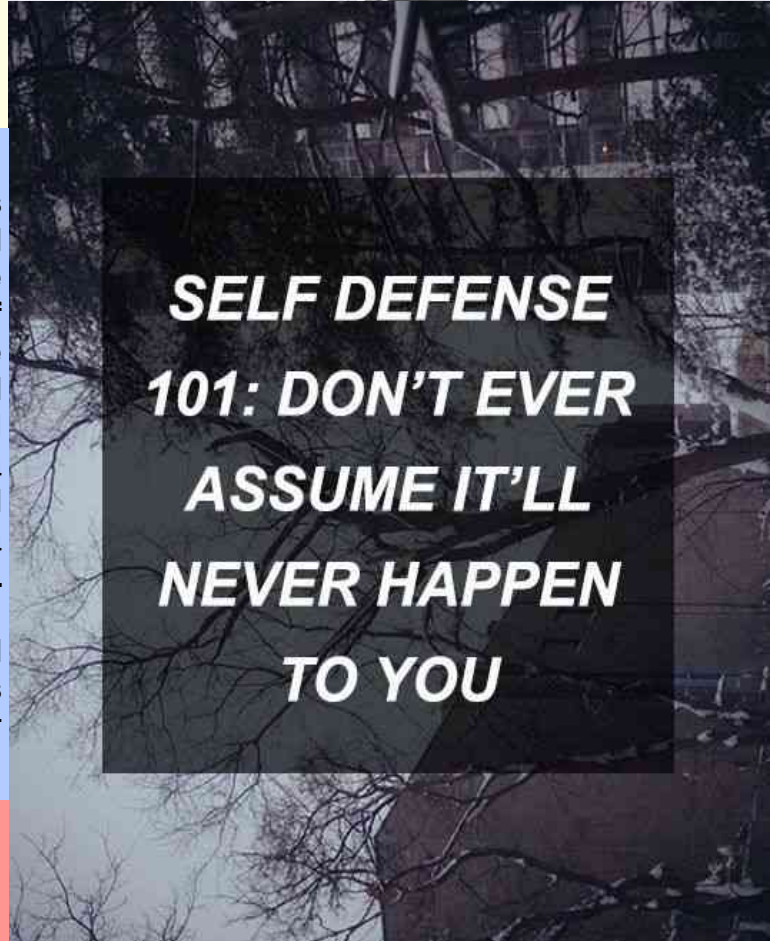
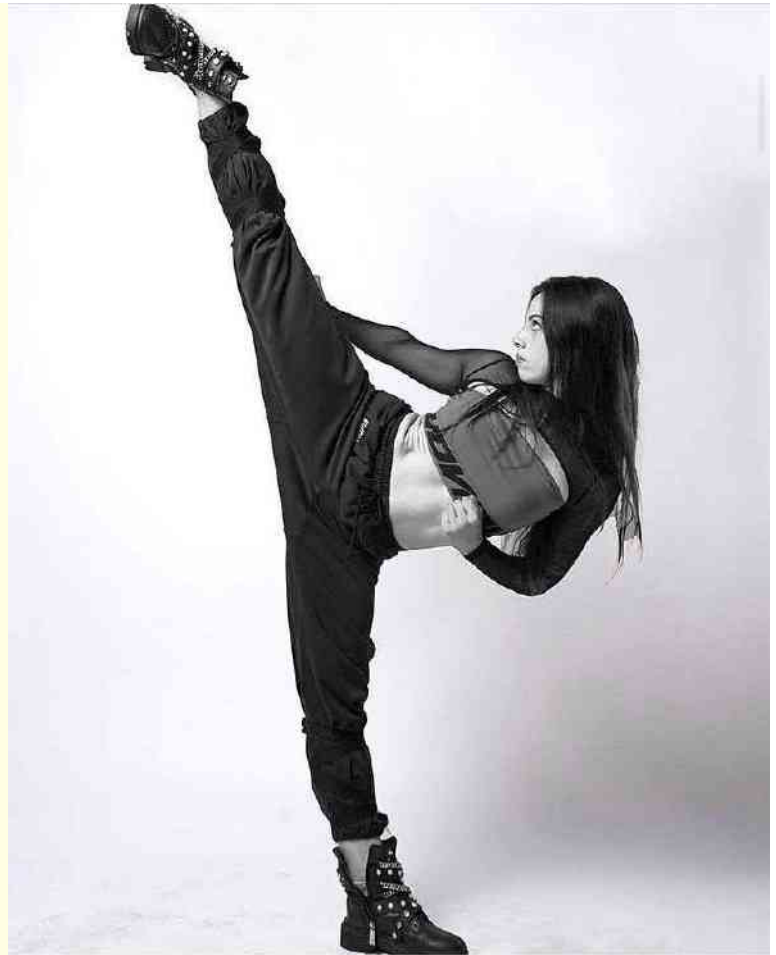
Why do we invite students to grade?

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



**SELF DEFENSE
101: DON'T EVER
ASSUME IT'LL
NEVER HAPPEN
TO YOU**

Marketing/Newsletters

Newsletter prepared by Paul Corrigan.

Editors: Masters Jamie Marsh, and David Cronin.

TVI Autumn Poomsae Competition Results



On the 16th May MTC fielded a team of seven competitors for the TVI competition. Congratulations to **Charlotte and Jordan** on their excellent results at the competition. Both scored gold in the family poomsae event. Also well done to **Grace, Dharma, Kiara, Claire and Troy** for competing in a very busy competition. We are very proud of your efforts and putting yourselves out there.

Also a special thank you to **Jeremy Walton** for volunteering as an official. Also to **Master Cronin** and everyone who assisted in training our competitors.

1st ATV Online Poomsae State Championships 2021 (25/26th September)

Well done to our amazing Poomsae team for participating at the ATV Online Poomsae Championships. Results are as follows:
Kate R. - Gold **Isaac D. - Bronze**
Claire W. - Bronze **Grace W. - Bronze**
 A tremendous result as our competitors didn't have any face-to-face training this year. Well done!

International Poomsae Competitions 2021

Grace and Tyler represented MTC at the National Competitions with excellent results. In the Individual competition **Tyler walked away with a Silver medal** while **Grace won 3x Gold, 2x Silver and 5x Bronze**. An amazing achievement! Both Tyler and Grace working together in the **Mixed Pairs events** won **two Silver medals**. Congratulations!

AT Online Poomsae Nationals 2021

With the State awards up their sleeves our Poomsae team performed for the AT Nationals Poomsae competition. Results are as follows:
Kate R. - Bronze **Grace W. - Bronze**
Clare W. - 9th **Isaac D. - 5th**
 Well done everyone for competing at a National level. We are so very proud of all of you.

Grace's 2021 Achievements

Grace W. had a fantastic year in Taekwondo. Even during the COVID lockdown she was practicing and recording videos for online competitions. The following is what all students can achieve once you put your mind towards your goals. Well done Grace!

Event	Country	Result
GCS all for Charity	USA	Bronze
Courage International	Thailand	Bronze
American Open - Traditional	USA	Gold
American Open - World Class	USA	Gold
One Hero Championship	Thailand	Silver
Korea Kyonggi Uni Open	Korea	7th
Venezuela Cup - Traditional	Venezuela	Gold
Venezuela Cup - World Class	Venezuela	Silver
Virtual KTA Worldwide Poomsae Championship	UK	5th
2nd Heros League	Thailand	9th
2nd Heros League - Challenge	Thailand	Bronze
2nd Heros League - Pairs	Thailand	Bronze
World Changmookwan Championship - Pairs	Korea	Silver
World Changmookwan Championship - Open	Korea	Bronze
Pairs with Tyler Marsh - Under 17 Mixed		Silver

**YOU CAN'T GO BACK
& MAKE A BRAND NEW START**

**BUT YOU CAN START NOW
& MAKE A BRAND NEW ENDING**