

Around the Mats

Keeping our valued members informed
Term 1, 2012



Congratulations to all members who participated in the term 4 gradings.....to sum it up IT WAS HUGE and the overall result was well above the expected levels so congratulations once again. We also congratulate the annual award winners for 2011. You have all shown outstanding improvement and perseverance. And your skill level is something to be very proud of. For all of you keep up the hard work and all your dreams will come true.

Tommy Kenna—High Dan Black Belt

Zach Zammit—1st Dan Black Belt

Rihanna Basha—Peewee

Lachlan Benatsky—Little Champion

David Cheng—Yellow Belt

Liam Kalic—Blue Belt

Hamish Green—Red Belt

Alexia Kouremonos—White/Yellow Belt

Sophia Kiriakidis—Blue/Red Belt

Kyle Comben—Fighter of the Year

Schelby Malachowski—Runner Up Fighter of the Year

Carla Westdraadt—Most Improved Fighter

Stephanie Louey—Poomsae Champion

Nicholas Watkins—Encouragement Award

Jimmy Avramov—Student of the Term

Zach and Noah Zammit—2012 Hawarang Scholarship

Carla Seychell—Student of the Term



2012 Summer Boot Camp

WOW.....the summer boot camp that was run over the Christmas holidays was a great success. This year we had our BC's (BOOT CAMPERS) running up mountains, dodging jelly fish, jumping from piers, cycling massive K's and most importantly having heaps of fun.



This years program was designed to improve the Strength and Fitness levels of all those who attended and it certainly lived up to that standard. On average BC's improved their physical strength by over 500% and in some instances 1,000% based on the strength tests. All of this over a period of THREE WEEKS, it was amazing to watch as all involved pushed their bodies to the limits and then started to

WORK OUT!

We will be running more Boot Camps this year for all fitness and experience levels, so it doesn't matter if you are a parent or a seasoned athlete we will have some challenges for you. Look out for more information on the club website and notice boards for upcoming events.

FUNDRAISING UPDATE—The fundraising group are currently running a WINE DRIVE for Valentines day. The wine is the same as last year and for those of you who bought it the feedback was great. Please grab an order form from reception and return them by the 9th. We know it's a little short notice but every little bit helps, thanks.

Calling all RUNNERS

This year it has been suggested that we hold a social fitness program and more specifically a RUNNERS CLUB.

We're up for it so now we are looking for others to join us. So as to not interfere too much with our wonderful Sunday's we are looking at getting together once a month earlyish for a casual run. Afterwards we can all sit back have some brekky or brunch and move on to enjoy the rest of the day.

We will run in the local area for some meetings and then go into Melbourne and run the TAN a few times, anyway it is in the early stages of planning but we need to know who is interested so we can set some dates and have our first run in February.

Another thing you need to know, this will be a fun social event so WHEN IT RAINS and it will rain, you are expected to turn up! what's a little bit of water amongst your running friends?

If you are interested please give your details to Kelly so we can get started.



Taekwondo Australia Annual Insurance Fees are now due

Please note that the annual registration and insurance fees are now due. Regardless of when you join the Academy your insurance and membership expires on the 1st February each year and MUST be renewed. Could all members please ensure that the insurance renewal is completed as soon as possible. The cost for members is \$55 (General) and \$80 for all Sports Members (Poomsae and Sparring).

Tuition fees made easy with monthly Direct Debit

We now have available a monthly direct debit system in place to manage your training fees. This process works as it reduces the lump sum cost of term fees and spreads the payment equally over the 12 months of the year. Some questions we have had regarding this is "What happens when the club is closed, are we paying more?", the answer is a BIG NO. How it works is; say your normal term fee is \$100 and there are 4 terms in the year making the annual training fee \$400. With the direct debit system the \$400 is divided by 12 making it \$33.33 per month. This is the same fee paid if you were paying by the term but when budgeting for other expenses appears to be the easier option. In addition to this you can also budget for other expenses like a private class, or grading fees or a new uniform by adding it to your monthly training fees. To take up this option or discuss any questions please see Kelly at the club or call us on 9931 0878.

Make Up Grading for Term 4 2011

We are holding a make up grading for those students who missed the last grading. The date is Sunday the 19th February at 10am at the Point Cook studio. If you missed the last grading and want to catch up here is your chance. Please note that if there are a large number of registrations for the grading it will be split into 2 gradings with the second commencing at 10.45am

To register for the grading please see Kelly at member services to determine if you qualify and then complete your grading application. By no later than 15th February.

Term 1 Important Dates

Could all members and their families please take note of the following important dates. This information is also located on the club website and on the club notice boards.

- Black Belt Club—18th Feb, 3rd Mar and 17th Mar
- Saturday Superstars—18th Feb and 17th Mar, more details in events page
- 19th Feb—Make up grading
- 26th Feb—MTC Comp, Sparring team only
- 10th Mar—Moomba Open, Sparring and Poomsae Teams
- 12th Mar—CLOSED, Labour Day Public Holiday
- 18th Mar—Point Cook colour belt gradings
- 22nd Mar—Thomastown colour belt gradings
- 23rd Mar—Black Belt gradings, held at Point Cook
- 24th Mar—14th Apr—Belgium Open and International Training Camp
- 26th Mar—31st Mar—Revised Training Schedules at all branches. See branch updates page
- 31st Mar—All branches closed for holidays
- 2nd Apr—14th Apr—Boot Camp "Fight Fitness", more details in events page



General News and Updates



Are you a TOUGH MUDDER.....Tough Mudder will punish you, no matter your shape, size or current level of fitness and WE ARE RECRUITING TEAM MEMBERS for this ultimate fitness challenge. Tough Mudder is a hardcore 18KM obstacle course designed by the British Special Forces to test your all round strength, stamina, mental grit and camaraderie. Allan and Nick will be leading a team to Sydney on the 21st September to 24th September to complete this team based fitness challenge. It does not matter if you are a student, male, female or family member we will help prepare our team for this event. We are not going there to win the event but we are going there to complete it! Due to the training preparation requirements we need all prospective TOUGH MUDDERS to join the team no later than 1st March. After this time we will prepare a training program for our fellow TOUGH MUDDERS to follow and then meet with them weekly for a training session. This is going to be great and one of the ultimate events for the 2012 calendar. For more information please see Allan, Kelly or Nick or visit the website www.toughmudder.com.au

CLUB T-SHIRTS—Please note that we have recently re-designed all of the club t-shirts and they are with the printers being digitized and print ready. We expect that the t's will arrive within the month so please hold on a little longer and as soon as they are ready we will let you all know.

PLEASE REMOVE SHOES—All persons entering the matted training areas of the Academy studios **MUST REMOVE** their street footwear. All students train barefoot and street shoes (male and female) transfer dirt and ruin the matted surface, please respect our training area.

NO SPECTATORS ALLOWED—We have placed signs in the entrance areas of the training studios advising that **STUDENTS** are only allowed into the training areas. This process ensures that the instructors have the full control and attention of the students. Please do not enter the training areas unless going to the bathroom and excuse us if we ask you to leave the area if you are there un-necessarily.

COMPETITIONS—We have 2 comps coming up on the 26th Feb and 10th Mar. The comp on the 26th is a great comp for inexperienced fighters only, no Poomsae, to gain experience in a safe environment. Please complete the application form for the Fen comp with Kelly by the 18th to ensure your acceptance. The 10th comp is only for experienced FCS members (Sparring and Poomsae) and registration must be completed online at the state body website www.tkdvic.com.au and follow the normal links to the "People in Action" registration page. If you get in early discounts apply so get moving.

We are also looking at taking a team to Korea in June/July this year for the Korean open and possibly the World Culture Expo. If you are interested in attending the comp please let Kelly know asap so we can plan the trip. Please note this will be quick in and out comp approx 5-7 days to keep costs to a minimum.

General News and Updates



The following members who will celebrate their birthdays this term and don't forget that the Academy runs AWESOME BIRTHDAY PARTIES, so if you are looking for something a little different that will keep your guests active and walking away wanting more book an AWESOME BIRTHDAY PARTY NOW! with member services and get a KICK out of your birthday. Happy birthday to: Yuktha Shinde, Noah Zammit, Nicoletta Zorbas, Michael Fox,

Maddison Cassar, Kianha Comben, Jeremy Nguyen, Jasmine Maharaj, Gemma Nguyen, Ebon Comben, Connor McKenzie, Carlin Towers, Brendon Nguyen, James Collier, Hamish Green, Daniel Brand, Teaghen Taylor, Noah Emmett, David Ingham, Christan Trajkovik, Paige Mohan, Liam Mohan, Carla Seychell, Waleed Bhati, Sai Kantheti, Lachlan Mills, Dylan Mifsud, Brooke Rankin, Mark Jakubiec, Jennifer Nguyen, Kieran Legenhausen, Kiara westraadt, Brigdet Loyld, Afroze Khan, Kenza Kerrou, Connor O'donnell, Tra mi Gilmore, Ethan Didham, Campbell Young, Raheem Kenefick, Carla Westraadt, Justin Prasad, Billy Tuteja, Jenny Song, Ashlee Kennedy, Lachlan Ingham, Rihanna Basha, Andrea Zorbas, Gary Palar, Eleni Geysen, Ethan Gilmore, Christian rae, Belinda Occhipinti, Jacob Benatsky, Demetrius Kiriakidis, aslam Jawad, Bailey Rankin, Matthew Smith, Kai Petersen, Anika Nirmalathas, Courtney Johnston, Charliese Allen, Sebastian Rivera, AJ Venkadesh, Noah Pfister, Tyra Maharaj, Chelsea Broome, Christian Boughsan, Corey Puopolo, Abdallah Kenefick and Aaron Ho.



SPARKLING KOREA JUNE/JULY 2013 OPEN INVITATION

Early announcement for all members and their families, the Academy will be taking a group to Korea in 2013 around June/July school holidays for an experience to remember. This trip will be about learning some of the cultures of Korea, meeting the people, experiencing Taekwondo, tasting new foods and most of all having an amazing time. The trip will also take in the GRAND OPENING of stage 1 of the INTERNATIONAL TAEKWONDO PARK something of a milestone for the Koreans and broader International Taekwondo community. This is an open invitation to all members and we will be attending a competition whilst we are there BUT IS NOT COMPULSARY you can just watch your own team mates compete against some of the worlds best athletes and cheer for them as they GO FOR GOLD! We are making this announcement early to give everyone time to save and plan their holidays, we are taking expressions of interest from members now so please see Kelly to advise of your interest or ask any questions you may have. For all us Taekwondo enthusiasts this will certainly be a trip never to forget. More information (Including itinerary and associated costs) will be released in due course for those attending as we work towards building the experience.

POINT COOK UPDATE

Congratulations to the following members who graduated to their 1st Dan/Pum or higher in term 4 2011;

Lachlan Mills 1st Pum, Christopher Mills, Pum, Noah Zammit 1st Pum, Zach Zammit, 1st Pum, Carla Seychell 1st Pum, Brooke Rankin 1st Pum, Teaghen Taylor 1st Pum, Tommy Kenna 3rd Dan, Nicolas 3rd Dan, Peter Jakubiec 3rd Dan, Schelby Malachowski 2nd Dan, Lachlan Malachowski 2nd Dan, Billy Cheng 2nd Dan, Ash Pike 2nd Dan, Ian Song 2nd Dan and Alexandra Louey 2nd Dan

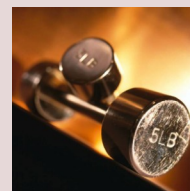
As you are now aware we have slightly changed the schedule to better accommodate our members. On Monday nights we will now run BELT SPECIFIC classes for ALL JUNIORS to ensure all grading techniques are fully understood by members. On the Wednesday night the previous split Juniors class will still run allowing for more multi technical training. Also the Saturday morning programs have changed with the Peewees and Little Champions having their own class at 9am—9.45am (Peewees finish at 9.30am). The juniors and seniors will then have their own class at 9.45—10.45am. Black Belts only (No Chodanbos) will now come together fortnightly in the newly designed “BEYOND BLACK BELT” program. We have also changed to FCS training times to 4.45pm-5.30pm Friday’s for Poomsae and Sparring to Wednesday 7pm-8pm and Saturday 2pm-4pm.

Gym memberships are still available to members and their families for only \$30 per month with

NO JOINING FEES and NO CONTRACTS

SIGN UP NOW and have a personal program created for you absolutely **FREE OF CHARGE**.

Please note additional costs apply if you wish to book a personal training session



MASSAGE SERVICES UPDATE—Just a reminder to our members and their families that the massage service provided by Kelly is **BY APPOINTMENT ONLY**. Kelly was approached on a number of occasions last year for a massage on the spot and in some instances had our members feeling under valued. This is certainly not the case as we need to ensure that your massage is not interrupted. If you wish to have a massage whilst your children are training please book at least 1 week in advance so that we can schedule the appropriate number of staff.

REVISED TRAINING SCHEDULE MONDAY 26TH MARCH TO 31ST MARCH—A large number of the Academy instructors will be away this period attending an International Championships and the studio will run on a revised program similar to the January period. Classes will run Monday and Wednesday 5.15pm to 6pm (Peewees and Little Champions), 6pm to 7pm FCS Sparring and 7pm to 8pm Juniors and Seniors and one combined class on Saturday morning for all members 9.30am to 10.30am. (Instructors may have the Peewees finish class a little earlier if required)

THOMASTOWN UPDATE

Congratulations to the following members who graduated to their 1st Dan/Pum or higher in term 4 2011;

Demetrius Kiriakidis 1st Pum, Jimmy Avramov 3rd Pum, David Micallef 2nd Dan and Marco Ciavarella 2nd Dan

Please note that the timetable has been changed for term 1. The changes take effect from the 7th February and we have put a new class on Tuesday at 4.30 to 5pm (1 Class weekly) for new Little Champions aged 3-7 years, Seniors will train at 7pm on Tuesday and Thursday nights, FCS Sparring will only be on Tuesday nights at 7pm for all levels and on Saturday afternoons at 2-4pm (For experienced and invited students only, held at Point Cook). The changes on Thursday break up the juniors in their belt levels so White/Yellow and Blue Belts 5pm to 6pm and Red and Black belts 6pm to 7pm. We have also put a third class on Saturday mornings for all belt and age groups from 9am—9.45am. Please ensure that you are familiar with the changes.

RENOVATIONS—Please note that during term 1 there will be some minor renovations taking place at the studio and we ask that you forgive us for any mess or inconvenience that it may cause. We are working on creating a more comfortable environment for both students and spectators to your patience is greatly appreciated.

REVISED SCHEDULE WEEK COMMENCING 26th MARCH TO 31ST MARCH— A large number of the Academy Instructors will be overseas for a competition and as such there will be some minor changes for the last week of the term. There will be only 2 classes on the Tuesday/Thursday night the Little champions and Juniors (4.30 class and 5pm class) will be a combined class from 6pm to 7pm and Seniors will stay at 7pm to 8pm. There will be no fight class this week (Including the advanced class at Point Cook) and no Saturday morning class.

PERSONAL TRAINING SERVICES COMMENCING TERM 1

Personal Training services are now available at the Thomastown Studio. These sessions are designed around your personal requirements and conducted by Allan and in some instances assisted by Dave (In-training).

Please see Allan to discuss your Personal Training needs and schedule your sessions.

EVENTS PAGE

saturday super stars!!

super star information

Details for tem 1: 18th Feb and 17th march held @ the POINT COOK

STUDIO

Price: \$35 per person per session

Time: 12 to 2pm

Places Available: max 30

Age: 7 years and above

Registrations must be completed by 15th March, **NO EXCEPTIONS**

NEW PROGRAM

come and have fun...

.... in a unique class off weapons and flipping....The class goes for 2 hrs of fun filled exciting exercises testing your strength, balance and co-ordination....It's not like your everyday Taekwondo class as you start to learn the new TAEKWONDO CRAZE TRICKIN as well as pick up some amazing ideas for your next creative Poomsae.

Don't miss out!! Spaces are limited to **30** so register early to ensure your place. Enrolments will not be accepted on the day regardless of class availability.



EVENTS PAGE

fight fitness boot camp

Details: Monday 2nd April, Wednesday 4th April, Tuesday 11th April to Saturday 14th April (7 SESSIONS) held @ the POINT COOK STUDIO

Price: \$80 per person

Time: 7.30pm–9pm Weekdays and 9am–10.30am Saturday

Places Available: min 10 max 20

Age: 7 years and above

Registrations must be completed by 17th March, **NO EXCEPTIONS**



Get ready to work hard and train like a **FIGHTING CHAMPION**. This Boot Camp is being run with one thing in mind "TRAIN HARD". You will run, jump, skip, box, kick and everything in between and prepare as if you were an experienced ring fighter. This program is open to everyone to experience what it takes to be a fighter. Please note that there will be **NO ACTUAL FIGHTING** in this program just the physical preparations so it is suited to everyone from students to mums and dads

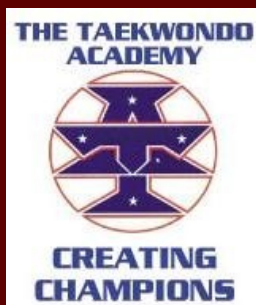
Don't miss out!! Spaces are limited to **20** so register early to ensure your place. Late enrolments will not be accepted regardless of class availability.



We are here to help you

To all our valued members we are here to help you through your martial arts journey. Should you have any questions or need assistance please do not hesitate to contact member services on 9931 0878. Our office is generally manned 6 days per week and can take your call or alternatively just drop into the Point Cook studio and we will surely be there.

We also greatly value your feedback and without we could not have grown to become on Australia's leading martial arts studios, so please, if you have feedback for us regarding anything we are more than happy to sit down with you and listen.



THE TAEKWONDO ACADEMY

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