

Revolution

Newsletter 2: Term 2 May 2009

We are now well into term two. Everyone is working hard with their new grading material. It is impressive to see how fast many of you learn the new patterns. It has blown us away, how quickly the bongsul stick has been grasped and then applied. We look forward to seeing you fight faster and stronger.

So too we have noticed that the self defences are being done with more realism and still safely applied.

What's New in the Club:

Morning classes are continuing on Monday and Wednesday mornings at 10am. These are adult only, and all are welcome.

Wednesday evening 7.30 classes will be shield technique. Shawn has many years of successful fight training, and we welcome his enthusiasm and energy. It is compulsory for members to do at least 2 classes a month in order to grade. These are done to help accuracy, and technique. It provides the opportunity to kick a moving target safely, with controlled force. Women may prefer to wear chest guards and can ask one of the instructors more about this.

Vests, T.Shirts and Jackets

It is now becoming colder and we have ordered the vests for those whom have left sizes for us. These should be available in the next couple of weeks. There will also be jackets and coats available for those interested as well as T.shirts.

New Members;

It is with delight that we welcome our new members to the club; Jasper Avice-Delmay (jnr), Visnja Dall'oste, Melinda Morgan, Sofia Rhumanovsky, Danielle Rohan, Steve Ryan-Gledhill, Lindsey Bussau, Richard Gervai, Riordan Mc Donald (snrs), Max and Jara Laffont, Rohan and Tarlee Sullivan, Max and Isabelle Russo (jnrs). We look forward to watching your Taekwondo journey to black belt!

A reminder to those that haven't yet paid term fees are now overdue

The Martial Artist's Map

In the past, there was no set format for training, the masters would keep the information to themselves, it would ensure loyalty, and prevent rivals from stealing the information. The problem was that when they died so too did their wisdom.

So apart from loss of knowledge or lack of a set of standards why else should we have a syllabus? Students today are very goal orientated and a curriculum gives them a path to follow. It lets students see what skills they are going to develop and how the base knowledge is important to build higher techniques.

As the student progresses so too does the complexity, this is aimed at helping the student see where they are going in the future and what is needed to achieve their black belt. *Taekwondo Australasia: Sports BLITZ*

Dates to Remember

25th June - Last day of training

28th June - Term Grading

Club sausage sizzle

-Club Dinner Kim Chi (Korean)

1st July - Bongsul Grading

Time Table Term 2

Mon: 10 - 11 Grading work

4.45 Juniors Sports/Shield Technique

7-8 pm Adult training

Tue: 4.45 Juniors training

7-8 pm Adult training

8-8.30 Bongsul Weaponry Training

Wed: 10-11 am Adult training

4.45 Junior training

7.30-8.30 – Shield Technique

Thurs: 4.45 Junior training

7-8 pm Adult Training