

Revolution

Newsletter 3: Term 2 June 2009

Grading is only a few weeks away. Although many are working hard it is important to remember that grading is not a rite of passage but requires hard work and commitment, this means turning up and practising.

Remember shield class is mandatory for seniors at least twice a month. Juniors are recommended to attend one session a month once they are Red belt although are welcome to attend earlier. It is important to help us get the feel of actually contacting a person, and helps in judging distances, improving technique, and control.

What's New in the Club:

*This weekend some members will be competing in Poomsae and sparring. We wish them luck. This is an interclub competition. Later in the year the Victorian championships will occur, we will keep you briefed as to dates, it would be great to send a REVOLUTION team!

*Due to popular demand Saturday morning classes are commencing in term 3. At 10am there will be an open junior class incorporating grading work and games, and at 11am a senior general class will be held.

*Junior evening classes will also be divided into two. Children 3 – 6 will train separately, incorporating more games and for those pre-school age; different belt levels and a more suitable syllabus. This will enable the older senior belts to focus on the more advanced techniques.

*Next term, there will be a flying side kick competition for Juniors, and a Poomsae competition for all members. The latter will be good practice, and helps improve techniques which stay with you for the more complex poomsae.

Having now become the most obese nation, Revolution is doing their bit by offering new fitness classes in the second hall, this is purely fitness focusing on cardiovascular and strength training not taekwondo. It will be open to anyone at a casual rate of \$10 per session. These will be planned for the evening. If there is interest in a morning fitness class after 9am please let us know. Spread the word!

Vests, T.Shirts and Jackets

Those that have ordered Vests can now pick them up. Anyone wanting coats/long sleeved fleece/or coats another order will be placed later in the month, please place your name on the list by the sign in book. There are a few junior vests in stock for children needing some extra warmth.

New Members;

Revolution would like to welcome new members: Kieran Doddi, Ann-Sarah Laville, Michael and Rachael Bussau (Juniors) who have recently joined us.

REVOLUTION TAEKWONDO Moorleigh Village: Bignell Rd East Bentleigh
Ray Povh 0412 567 697
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Exercise Myths

Every one has different body types:

We all respond differently to the same exercise. Be persistent because even the most stubborn body types will respond to diet and training.

The lower Abs: crunches and stomach exercises alone are not enough to give you the perfect abs. Cardio training needs to be an essential part of your training regime to cut through the fat and expose the lower abdominal muscles.

Exercise will help lower blood pressure, reduce stress, increase feelings of well being and give you more energy.

Dates to Remember

17th June - St Michaels Grading

22nd June - All grading books/fees handed in

25th June - Last day of training

-Fees/Forms for Bongsul stick grading due

28th June - Term Grading (Sunday)

Club sausage sizzle

-Club Dinner Kim Chi (Korean)

1st July - Bongsul Grading (7.30 pm)

13th July - Monday - Term 3 commences