

Revolution

Newsletter 4: Term 3 July 2009

The 28th of June was an eventful grading. Thankyou to Peter for helping out on the day. Everyone's effort over the term could be seen, it was fabulous to see the improvements as everyone went up a level. So much energy and enthusiasm, could be felt and was quite contagious. Then it was back again on Monday for bongsul training and grading on the Wednesday. Well done to everyone, you have earned a rest. We look forward to seeing you in term three for the next set of challenges.

What's New in the Club:

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.

Those wishing to **fight train** could you please contact Shawn, as classes are being considered for 12pm on Saturday after the adult general class. This is a great opportunity to increase your fitness and develop your sparring skills.

There will now be **two Junior evening classes** running in parallel: white/yellow belts and Red/Blue/Black belts. These will be at the same time of 4.45pm. This will enable everyone to continue developing their new skills in a focused environment.

The **flying side kick competition** will be held in August for those interested and a challenge and a bit of fun.

There will also be a **Poomsae competition** for all club members (Junior and Senior). This will be an opportunity for those interested to see if the Victorian championship is a goal to focus on before we commence club training Friday evenings. At the very least those that participate will improve their patterns.

Family training and **bring a friend day**. Everyone is welcome for an hour of fun and taekwondo! Mum/Dad train with the kids, bring cousins, school chums and join in all together!

See dates for the Victorian championships. Those qualifying will be eligible to compete in the National TA championship, and represent Victoria.

Those interested in a fitness class please see Sophia or Ray. These are to be for anyone interested in fitness, not just club members and a focus on fitness not taekwondo, it will be run at a casual rate of \$10 but will need a minimum of 3 for a 45 minute session.

Bongsul training will continue on Tuesday evenings at 8pm.

Vests, T.Shirts and Jackets have been ordered, and should be available at the commencement of term.

Term 3 Important Dates

13th July –Term begins

25th July – Club Poomsae competition

1st & 2nd Aug -Victorian Sparring
Championship

8th Aug -Victorian Poomsae
Championship

15th Aug – Family/Friend fun hour*

18th Aug – Tue: Flying side kick
competition

22nd Aug - Victorian Poomsae
Championship

19th Sept – Club Grading and dinner

1st-4th Oct - National Taekwondo
Championship

**More details will be on notices up at the club*

Time Table Term 3

Mon -	10-11am - Adult grading class
	4.45-5.45 - Junior grading all belts
	- Junior shield all belts
	7-8pm - Adult general class
Tue -	4.45-5-45 – Jnr white/yellow belts
	-Jnr Blue/red/black belts
	7 -8 pm -Snr Taekwondo
	8-8.30 -Bongsul Stick training
Wed-	10-11 -Adult General Tkd class
	4.45-5/45 - Jnr white/yellow belts
	- Jnr Blue/red/black belts
	7.30-8/30 -Snr Shield class
Thur-	4.45-5/45 - Jnr White/yellow belts
	- Jnr Red/blue belts
	7-8 pm -Adult General Tkd class
Sat-	10-11 -Jnr General class all belts
	11-12 -Snr General class
	12-1pm *fight class see Shawn