

# Revolution

## Newsletter 5: Term 3 Aug/Sept 2009

Well what a busy term it has been. Well done to those that participated in our club Poomsae competition you did us proud. This was shortly followed by the Victorian Poomsae Championship (which George won a medal for our club) and the Victorian Sparring Championships (which Saw Adam, and Alex compete for the seniors and George Geannikireos for the juniors). We wish them well in the National Championships to be held in Brisbane in October. Good luck Fellas!

We also had our family Taekwondo morning, that saw a lot of mums, dads and siblings participate all together. Wonderful to see so many attend.

The Saturday morning junior class has really grown with many new members. Remember adults we have a class for you too, if the evenings during the week are a struggle. It is your own individual journey and the more you put in the more you will gain, technically and physically.

Revolution is continuing to teach taekwondo at Middle Park Primary School, St James Gardenvale and Coatsville Primary School. It is wonderful to see the excitement and enthusiasm for this sport with all the youngsters.

Those interested in Club dinner at East Boundary hotel please put name on list. Juniors welcome with parents.

### ***What's New in the Club:***

# The **flying side kick competition** will be held on August 25th for those interested and a challenge and a bit of fun. All juniors are welcome.

# **Bongsul** training will continue on Tuesday evenings at 8 – 8.45

# Joon No will be holding a smaller **interclub competition** for sparring and Poomsae on September 5, those wishing to participate please see Ray or Sophia. This is a lot of fun and a good way to assess whether you would enjoy competing in bigger competitions next year.

# Black Belt and Cho Dan Bo grading will be held on Sunday September 6<sup>th</sup> at 1.30pm.

# Next term there will be a junior bongsul class for those Red 1 and above, this will be held on a Tuesday for 30 mins after the junior class. All that will be required is a stick about 10 cm taller than its owner. Children will be taught the Bongsul pattern and then the 2 fight patterns. There will be optional gradings with Master Cho. For further information please see Sophia.

***Vests, T.Shirts and Jackets are still available we are holding a small amount of stock, but orders can be taken.***

## Term 3 Important Dates

22<sup>nd</sup> Aug - Victorian Poomsae Championship

25<sup>th</sup> Aug – Tue: Flying side kick competition

5<sup>th</sup> Sept – Inter club competition

6<sup>th</sup> Sept – Black belt/cho dan bo grading

19<sup>th</sup> Sept – Club Grading and dinner

1<sup>st</sup>-4<sup>th</sup> Oct - National Taekwondo Championship

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

### **Time Table Term 3**

<b>Mon -</b>	<b>10-11am - Adult grading class</b>
	<b>4.45-5.45 - Junior grading all belts</b>
	<b>- Junior shield all belts</b>
	<b>7-8pm - Adult general class</b>
<b>Tue -</b>	<b>4.45-5-45 – Jnr white/yellow belts</b>
	<b>-Jnr Blue/red/black belts</b>
	<b>7 -8 pm -Snr Taekwondo</b>
	<b>8-8.45 -Bongsul Stick training</b>
<b>Wed-</b>	<b>10-11 -Adult General Tkd class</b>
	<b>4.45-5/45 - Jnr white/yellow belts</b>
	<b>- Jnr Blue/red/black belts</b>
	<b>7.30-8/30 -Snr Shield class</b>
<b>Thur-</b>	<b>4.45-5/45 - Jnr White/yellow belts</b>
	<b>- Jnr Red/blue belts</b>
	<b>7-8 pm -Adult General Tkd class</b>
<b>Sat-</b>	<b>10-11 -Jnr General class</b>
	<b>11-12 -Snr General class</b>
	<b>12-1pm *fight class see Shawn</b>