

Revolution

Newsletter 1: Term 1: Feb 1 – March 25

Welcome back everyone, to a new year and lots of new challenges. We hope you have had a safe, happy holiday, a bit of a break and feel fully rejuvenated to fulfil all your new year's resolutions.

The first thing to note is that this term is only 8 weeks. So for those wanting to grade, there will be lots to learn before grading on March 27th.

Club Activities:

Poomsae and demonstration training:

This will continue at the time slot of 4.15 to give those that have to travel a little time to arrive. It will last for approx 40 mins and continue on a Wednesday evening. More information on pending competitions will be forth coming.

Bongsul Weaponry:

Bongsul will now be compulsory to achieve your black belt, and further dan/pooms. Both Patterns/fights for 1 & 2 will need to have been completed and approved by Master Cho and then be able to be demonstrated at your grading. This will apply to both seniors and juniors. See Sophia for your syllabus. Guide books by Master Cho are also available for purchase.

Bongsul training for ADULTS will be available on Tuesday evenings at 8 – 8.45 and Saturday Mornings with Juniors at 11 am for 30 mins before senior class commences. Juniors will also have the option of Bongsul Training on Tuesday at 6pm.

Schools: This term Revolution will be teaching at St. James Primary School, Le Page Primary School, Middle Park Primary School and Caufield Primary School. We continue to support the Sports Commission and their philosophy of keeping children active, and healthy through sport. We will also be conducting voluntary workshops. Should your child's school like us to give a demonstration that also involves student participation please let us know at the office and we will follow it up.

Term 1 Important Dates

Mar 25th : Last classes for the term

Mar 27th : Coloured belt grading (Sat)

Club Dinner Adults only

Mar:TBC Bongsul Grading with Master Cho

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

Time Table Term 1

| | |
|--------------|--|
| Mon - | 10-11am - Adult grading class |
| | 4.45-5.45 - Junior grading all belts |
| | - Junior sparring/competition class |
| | 7-8pm - Adult Shield and Poomsae training |
| Tue - | 4.45-5.45 -Jnr white/yellow belts |
| | -Jnr Blue/red/black belts |
| | 6-6.30 -Bongsul Training Jnr |
| | 7 -8 pm -Snr Taekwondo |
| | 8-8.45 -Bongsul Stick training Snr |
| Wed- | 10-11 -Adult General Tkd & fitness |
| | 4.15-4.45 -Jnr Poomsae/demonstration |
| | 5-6 - Jnr white/yellow belts |
| | - Jnr Blue/red/black belts |
| | 5-6 - Adult grading/fitness class |
| | 7.30-8.30 -Snr Shield/fight 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 |
| | 11-11.30 -Bongsul Weaponry all ages |
| | 11.30-12.15-Snr General class |

New MEMBERS:

Julie and Michael Cann, Mathew Dominy, William Carey, Hugo Hansen, Harry Sagiadellis, Zephryn Williams (jnrs), Dearne Herrenberg, Georgia Sagiadellis, Claudia Ossario and Emanuela Merlatti, Amanda Berry (snrs), Welcome to the club, and welcome back after a break to Jane Millington and Nick Everitt (snrs).

- **IMPORTANT NOTICE:**

Your taekwondo insurance renewal is due in February 2010. Sports Insurance is compulsory. Please ensure your renewals are received by the office so that these can be passed on to the National Association for processing. Those wishing to fight in competitions will need a further \$50 payment. This is a new addition to support the Australian team development that has been enforced by the association and not the club.

WATER:

Water is important! It is important everyday to drink water, however in hot weather it is even more important. Even a small loss of body fluid can cause dehydration and impair your performance. By the time you feel thirsty you are well on the way to dehydration so remember to drink plenty and drink often.

T.Shirts are available on those hot days, for \$35 and can be worn to classes or casually but not for gradings.

TIME TABLE:

Please note there are a few changes to the time table, so more opportunities for you to get fit, and enhance your techniques.

FIGHT CLASSES:

Shield classes remain popular, but due to reasons of hygiene and safety it is recommended that everyone supply's their own equipment. The compulsory items are groin guards and shin guards. For those wishing to compete they will also need mouth and arm guards and preferably their own shields. Revolution has equipment from Jols and Addidas available for sale or you can source your own.

Birthday Parties

For children wishing so celebrate their birthday with some kicking good fun for them and their friends we offer 1 ½ hour parties, filled with lots of taekwondo games, energy and of course flying side kick! (Below George's 8th birthday)

