



# Revolution

## Newsletter 2: Term 2: April 13 – June 24

The New Year is now well under way and term 2 looks to be busier and even more eventful. Congratulations to all those that graded, the standard was high and those that put in the hard yards were really noticeable. It is wonderful to see everyone developing their fitness, their techniques, and getting closer to their goals.

The stick grading was a huge success and Master Cho was very pleased with the stronger Bongsul techniques.

Congratulations to the juniors George, Ben, Capucine and Drew that competed in the Victorian Fight competition. Keep up the good work!

In order for the club to have had such progressive results we would like to thank Kon for all his hard work and endless energy that he puts in week after week. Also a big thankyou to George and Simon for their help. We hope Shawn will be back and fully recovered in a short time.

### ***What is New this term:***

#### **Competitions**

There will be a large multi club competition for Poomsae 'The Muye' on the 22<sup>nd</sup> of May. This will be a precursor to the Victorian and then National Championships later in the year.

In order to prepare Adults and Juniors for this, we will hold an extra Poomsae session. Please see Sophia or Ray to confirm or enquire further.

#### **Red belts – black belts JNR & SNR**

All red belts/cho dan bo's and black belts are welcome to train on Monday from 6 – 6.30 to gain some extra time to perfect their patterns, and self defences.

#### **Fitness classes**

Wednesday 7 – 8 will continue as an adult fitness class where all belt levels are welcome and a whole body workout given.

## Term 2 Important Dates

April 13: Tuesday, all classes recommence

May 22: Sat; Muye competition venue to be advised.

June: Club Competition Date TBC.

June 19: All coloured belt gradings.

June 26: Cho Dan Bo and Black belt gradings  
Club Dinner – Adults only

**\*Bongsul grading dates to be confirmed**

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

## Time Table Term 2

Mon -	10-11am	- Adult grading class
	4.45-5.45	- Junior grading all belts class and - RAPTOR sparring/competition
	6.00- 6.30	- Red belt/black belt training
	7-8pm	- Adult Shield and Poomsae
Tue -	5-5.30	- Jnr ROCKETS class
	5 – 6	-Jnr white/yellow belts -Jnr Blue/red/black belts
	6-6.40	-Bongsul Training Jnr
	7 -8 pm	-Snr Taekwondo
	8-8.40	-Bongsul Stick training Snr
Wed-	10-11	-Adult General Tkd & fitness
	4.15–4.45	-Jnr Poomsae/demonstration
	4.30-5	-Jnr ROCKETS class
	5-6	- Jnr white/yellow belts - Jnr Blue/red/black belts
	5-6	- Adult grading/fitness class
	7-8	- Adult Fitness training
Thur-	4.45-5.45	- Jnr White/yellow belts - Jnr Red/blue belts
	7-8 pm	-Adult General Tkd class
Sat-	9.15-10	-RAPTOR training
	10-11	-Jnr General class
	11-11.40	-Bongsul Weaponry all ages
	11.45-12.30	-Snr General class



## **REVOLUTION RAPTOR FIGHT TEAM**

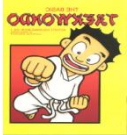
We are developing our fight class and giving those who wish to progress in their fight skills a greater opportunity to compete if they so wish. This is in no way compulsory but those who do choose to participate in the fight classes on Monday at 5pm and our new class on Saturday at 9.15 will be called the REVOLUTION RAPTORS. The aim is that they will be fierce, fit, fighters and live up to their name.

However in order for these children to develop their skills and for Ray and Kon to structure the classes to make it competitive for National standards, it is imperative that they show up each week and commit. Ray has a strict requirement that if two classes are missed then individuals are not to continue as a RAPTOR.

## **Junior ROCKETS**

Due to an increase in our mighty new, young members we have commenced a new ROCKETS class this term. Children 3 – 6 are welcome. This will continue to work to a slightly abridged syllabus and give everyone the opportunity to develop their skills and confidence.

These classes will operate on Tuesday at 5 – 5.30 and Wed 4.30 – 5, all ROCKETS are also welcome at the Saturday morning 10am classes.



## **Club Activities:**

### **Poomsae and demonstration training:**

This will continue at the time slot of 4.15 on a Wednesday. Those participating will need to sign a separate attendance form and must show up every week, or will be asked to leave the demo team, as the planning and training is ongoing and aimed to be progressive.



**Bongsul Weaponry:** Remember that Bongsul weaponry will now be compulsory to achieve your black belt, and further dan/pooms. Both Patterns/fights for 1 & 2 will need to have been graded by Master Cho and then be able to be demonstrated at your grading. See time table for training times.

### **New MEMBERS:**

Caroline Laville, Romy Bendel, Jessica Earls, Kosta Mellas, Nicholas Thomopoulos, Richard Yancos, Drew Karagan, Angus Strintzos, Reuben and Ben Shultze, Giorgios Koumarakos and William Bourguignon, Joshua Ballantyne (Juniors) and Dave Bourguignon, Claudia Ossario, Emanuella Merlatti, Lan Nguyen and Andrea Ewenson (Seniors). Welcome to you all on your journey to black belt!!

*T.Shirts are available on those hot days, for \$35 and can be worn to classes or casually but not for gradings. For winter we will continue with the vests and are investigating the option of a windbreaker or the polo jackets, please see Sophia if you are interested. We can also purchase rain coats but these will need to be ordered individually.*

### **FIGHT Equipment**

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.