



# Revolution

## Newsletter 3: Term 3: July 12 – Sept 17

Well done to those that graded on Saturday June 19<sup>th</sup>. A big clap for all the little Rockets: They showed us all that even those so small can have focus, balance and learn many of the not so easy to co-ordinate moves involved in Martial Art!

It was evident to all that the hard work of the term paid off and even those challenged to do beyond their grading work did so with grace and spirit.

The higher belt juniors and the many seniors rose up wonderfully to the sparring. The patterns are getting sharper and timing improving.

For the many juniors that competed in the club Poomsae and flying side kick competition to you a big congratulations, it is both nerve wracking and a challenge to do so in front of such a large audience.

Master Cho was also very pleased with the Bongsul grading. A big thankyou to Ai Wei who has taken many classes and Melinda Morgan for her help especially on grading day.

We wish Kon and his family safe travels through Europe and look forward to seeing him back early next term.

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

#### **Competitions**

Victorian Poomsae Championships will be later in the term, hence delaying our hopes for a smaller interclub competition which we aim to hold between the Vic's and the Nationals that are to be held in Canberra now.

Those hoping to compete in the Victorian Poomsae competition please see below as an extra session is being made available. There are opportunities at the competitions to do pairs, groups and creatives. Those being placed in the Vic's are eligible for the Nationals.

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

Training for all red belts/cho dan bo's and black belts will continue on Mondays at approx 6 – 6.30. This is specifically for Poomsae.

## Term 3 Important Dates

July 12: Monday all classes recommence

Aug: 15<sup>th</sup> & 21<sup>st</sup> or 22<sup>nd</sup> Victorian Poomsae Competition

Sept 11: Club Grading

Oct 21-24: National Championships

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

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

### Time Table Term 3

Mon -	10-11am	- Adult grading class
	5 – 6 pm	- Junior grading all belts class and - RAPTOR sparring/competition
	6.- 6.30	- Red belt/black belt and competition 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
	4.30–5	-Jnr Poomsae/demonstration
	4.30-5	-Jnr ROCKETS class
	5-6	- Jnr white/yellow belts - Jnr Blue/red/black belts
	5-6	- Adult Technique class
	7-8	- Adult Fitness training
Thur-	5-6	- Jnr White/yellow belts - Jnr Red/blue belts
	7-8 pm	-Adult General Tkd class
Fri-	10-10.45	- ROCKETS
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



### **Blue Belts and Yellow Belt competitors**

Training for those wishing to compete can train on Monday with red/black belts.

Those hoping to compete will need to attend this session or see Ray and Sophia.



### **Junior REVOLUTION RAPTOR FIGHT TEAM**

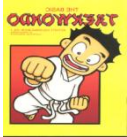
RAPTOR fight classes will continue on Monday at 5pm and Saturday at 9.15. It is recommended that each person for hygienic reasons has their own fight gear, we can order these for you or you are welcome to purchase elsewhere.

In order for the 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**

ROCKETS class this term will continue for all Children 3 – 6 years of age. This gives the younger members some more specific training and allows them to work a slightly abridged syllabus infused with games that develop many of the co-ordination, balance and focus skills.

These classes will operate on Tuesday at 5 – 5.30 and Wed 4.30 – 5, and Friday at 10am. ROCKETS are also welcome at the Saturday morning 10am classes where they can interact with the older children.



### **Club Activities:**

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

We are developing our break fall skills, basic technique performance and spin hooks to name a few things. This will continue at the time slot of 4.30 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 are ongoing and aimed to be progressive.



**Bongsul Weaponry:** Remember that Bongsul weaponry is compulsory to achieve your black belt and further dan/pooms, whether you are a senior or junior. 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:**

Jnrs: Kyle Finn, Sarah Stavridis, Isabella Arfi, Griffin Hayes, Jo Karaoglen, ROCKETS: Alex Thomopoulos, Sebastian Madeira, Henry Mack, Maddie Avice de-May, Charlie Strode, Isabel Hayes, Snrs: Tom Mellas, Lisa Avice de-May, Ai Wei Lew, Gina Karaoglen **Welcome to you all!!**

***Winter Hoody's are available \$45 jnr and \$48 snr these can be worn to and from the dojang but not inclasses. Vests are also available.***