



Revolution

Newsletter 4: Mon 4th Oct – Dec 10th

Well done to all those that graded. Please note next terms time table and competition plans. Congratulations to our newest jnr black belt, Benjamin Cinque. Benjamin has been active in competitions, bongsul and worked consistently with the Raptors. Keep up the good work.

Congratulations also to all the jnrs that competed over the term in Joon No's competition, at the Best of the Best on Sept 4 and the Vics.

This term we have continued teaching in the community at Oakleigh Primary School, St James in Gardenvale, Our Lady of Lourdes in Praharan, Middle Park and St Catherines in Moorabbin, as well as Harris field in Noble Park. Thankyou to our wonderful instructors and assistants who have helped: Melinda Iriyadi, George Mitzelotitis, Danielle Rohan, and Gina Karaoglan.

What is New this term?

Wednesday evening has changed to adult technique and self defences. This is a particularly good opportunity especially for higher belts to develop their self defences, using those in our syllabus as well as improvisations on group attacks, and more advanced strategies.

ALL SO NEW: We are introducing a new class for children aged 11 – 14. This will encompass more advanced techniques, mitt holding, self defences etc. All belt levels within this age category are welcome.

Competitions

"Best of the Best" competition on Sat Sept 4 Poomsae & sparring.



This term Revolution will be holding their first interclub competition. It will involve both seniors and juniors in sparring and poomsae. There will be a

Term 4 Important Dates

Oct 4: Monday all classes recommence

Nov 14: Revolution's interclub competition

Dec 11: Club Grading coloured belts

Dec 12: ChoDanBo & Black Belt grading

***Bongsul grading dates to be confirmed**

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

Competition forms available at club or can be downloaded from website.

Time Table Term 3

Mon -	10-11am	- Adult grading class
	5 – 6 pm	- Junior grading all belts class and - RAPTOR sparring/competition
	6.- 6.45	- Red belt/black belt and competition training
	7-8pm	- Adult Shield and Poomsae
Tue -	5-5.30	- Jnr ROCKETS class
	5 – 6	-Jnr all belt levels
	6-6.45	-Bongsul Training all ages
	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
	5-5.50	- Jnr white/yellow belts - Jnr Blue/red/black belts
	5-6	- Adult Technique class
	6-6.50	- 11-14 yrs all belt levels
	7-8	- Adult self defences & technique
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
	11-11.45	-Bongsul Weaponry all ages
	11.45-12.30	- Snr General class



free sausage sizzle, bongsul demonstrations, and trophies for best male and female on the day. We hope that all Rockets will also join in for their division.

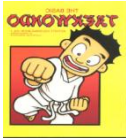
Those wanting to do creatives or pairs are also welcome.

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 – 6.45. This is specifically for Poomsae.

RAPTORS

It was been wonderful to see the commitment of the Raptors. They have been showing up regularly for Monday evenings, and we hope many more will come to Saturday morning classes where the important skills involved in sparring actually continue.



PHOTOS'S

This term no photos will be mailed out however if you wish to obtain one of your precious family member please contact Sophia at the beginning of the term. A display will be placed up on the wall.

FEES:

Due to increasing costs, and the fact that Revolution has not had a fee change for more than 3 years, we will need to increase fees by \$10 at the beginning of 2011. Family discounts still apply for families with 3 or more members.



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:

Sharyn Adams, Jenny Bussau, Tom Mellas (Snr) Sebastian Morris, Alex Ganotis, Lewis Turner, Dakota Adkins, Matthew Woolley and Kyle Tonkin (Jnrs) Welcome to all!!!

Hoody's are available \$45 jnr and \$48 snr these can be worn to and from the dojang but not in class. Vests are also available. Please notify office as our next order will be going out shortly.