



# Revolution

Newsletter 4: 2011

Term Commences Tuesday 11<sup>th</sup> Oct.

## *This term:*

Congratulations to those that competed this term, in the Victorian and Australian taekwondo open competitions. All competitors that travelled to Canberra this past weekend won a medal. Darius Dekker a Gold in the poomsae and silver in sparring. Benjamin Cinque bronze in poomsae, Capucine Laville and George Giannakarios also a silver in sparring. Well done, all your hard training has paid off!



## *Our Newest 2<sup>nd</sup> DAN*

Congratulations to all our members that graded. A special congratulations to George Mitzelotitis for attaining his 2<sup>nd</sup> Dan.



## Term 4 Important Dates

ALL CLASSES commence Tuesday 11<sup>th</sup> Oct

Nov 13th - Inter club competition

Dec 10<sup>th</sup> – Adult Xmas Dinner (suggestions for venue welcome)

Dec 15<sup>th</sup> – Childrens Xmas BBQ with Santa

Dec 17th - Belt Grading Saturday,

\*Bongsul grading dates to be confirmed

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

## Time Table Term 4

- |       |            |  |
|-------|------------|--|
| Mon - | 9.30-10.30 | - Adult grading class                                |
|       | 5 – 6 pm   | - Junior grading all belts class & - RAPTOR sparring |
|       | 6.- 6.45   | - Teens and higher belts over 10yo                   |
|       | 7-8pm      | - Technique SNR                                      |
| Tue - | 5 - 6      | -ROCKETS class                                       |
|       | 5 – 6      | -Jnr all belt levels                                 |
|       | 6 - 7      | -Bongsul Training all ages                           |
|       | 7 -8 pm    | -Snr Taekwondo & self defence                        |
| Wed-  | 9.30-10.30 | -Adult General Tkd & fitness                         |
|       | 4.30-5     | -Jnr Poomsae   |
|       | 4.30-5     | -Jnr ROCKETS class                                   |
|       | 5 – 6      | - Jnr ALL levels                                     |
|       | 5 - 6      | - Adult Technique class                              |
|       | 6-7        | -Bongsul Stick training Snr                          |
|       | 6-6.50     | - 10-14 yrs all belt levels                          |
| Thur- | 5-6        | -Jnr All belt levels                                 |
|       | 7-8 pm     | -technique - SNR                                     |
| Sat-  | 9.20-10    | -RAPTOR training                                     |
|       | 10.15-11   | -Adult Bongsul                                       |
|       | 10-11      | -Jnr General Class                                   |
|       | 11-11.45   | -Bongsul Weaponry all ages                           |
|       | 12-1       | -Snr & over 13 yrs technique                         |
- \*\* Every last Saturday of the month Black Belt ADULT training 1pm – 2pm





## **What is NEW this term?**

This term we have continued to grow and expand. Oakleigh Club will now be operating twice a week and will be commencing adult classes Monday and Thursdays.

St James has also been operating twice a week one of those days during the children's lunch time. Members have been very enthusiastic and nearly all will grade.

Middle Park has now been operating for 3 years and continues to be popular with George putting together a fantastic Xmas spectacular with the juniors at the end of the year.

Melindas "Girls on the Go" at Harrisfield was another huge hit with her then joining the teacher and priest for lunch. She has also been working with the Active After School Care programs sponsored by the Australian Sports Commission (AASC) at Valkstone and Malvern Primary School. Keep up the good work!

Clarinda has also been working with the AASC and Dave has been largely responsible for getting these kids up and kicking.

Because of our large support of the Active After School programs the Sport Commission have written us up in their national newsletter, and now many more kids have had the opportunity to try this fun sport.

**Please note time table changes for Adults. Once a month there will be a special black belt class for all Dan's on the last Saturday. The first one being Oct 29<sup>th</sup>**

## **SWORD & STICK FIGHTING**

There will now be a new adult class for stick and sword fighting on Wednesday from 6-7 pm. Please note that Tuesday evening class will no longer operate at 8-9 pm but all welcome at the 6-7pm session, as per usual.

## **INTERCLUB COMPETITION**

On November 13 there will be an interclub competition held at Revolution with JB taekwondo. This will be for all ages in both poomsae and sparring. Entry forms will be available shortly. All members are welcome and encouraged to compete and give the competitors of the other clubs "a run for their money"

## **Welcome New MEMBERS:**

Rockets: Chloe Wu, Shine Kim, Indiana Ogilvie, Hannah Lee, Anabelle Barons, Grace Jones-Colman, Jamie Bevilacqua and Joshua Martin.

Juniors: Harry and Stanley Chen, Grace Boesch, Takoda Sturdy-Power, Indiana and Harrison Marostica, Harper Wells, Jaia Rajan.

Seniors: Lynda Keefe