
Fee Payments for Term 3 – 2016

To eliminate lost time in class, please place your Enrolment Form, complete with cheque for Term Tuition Fees, into an envelope and mail to:

Boroondara Martial Arts Centre
12 Peel Street, Kew, VIC 3101.

EFT (Electronic Funds Transfer) is our preferred payment method

However, payment by cash or cheque is also acceptable

Please ensure that any cheques are made payable to:

BOROONDARA MARTIAL ARTS CENTRE

PLEASE PAY ALL FEES BEFORE 24TH JULY

What Class Should You Be Attending?

If you are starting Taekwondo for the first time this Term, then it's easy. Just come along to the Beginners Classes as indicated on the Enrolment Form.

If you graded last Term, your new grading level should be indicated overleaf. Check the timetable on the back of your enrolment form for your new class time.

If you're not sure, call your Head Instructor on the number below.

Mouth Guards - A Compulsory Item Of Safety Equipment

If you don't have a mouth guard, you need to get one immediately for your own safety. You only get one chance with your smile and you don't want to lose it!

If your current mouthguard is more than 12 months old, you should consider getting a new one as your mouth changes shape as you grow. This is particularly so for children.

From someone who experienced the pain of broken teeth from playing football as a kid, I seriously recommend you get a mouthguard as soon as possible.

Other Safety Equipment

Obviously mouth guards are not the only safety equipment required. As students advance in their learning, they should also be purchasing shin guards, arm guards, and for the boys, groin guards to protect from accidental injury. Only when students have these items, can we safely progress to more advanced techniques and exercises.

MELBOURNE TAEKWONDO CENTRE – BOROONDARA

Head Instructor: Barry Akehurst 6th Dan Black Belt (WTF)

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MELBOURNE TAEKWONDO CENTRE

BOROONDARA BRANCH

NEWSLETTER

JULY 2016



Term 3 – 2016

BRING A FRIEND DAY – First Week of Training

Term 3 classes kick off Monday 11 July. Bring a friend and introduce them to the challenges and fun of Taekwondo.

Black Belt Gradings

Sixteen students graded to various Black Belt levels at the end of Term 3.

Mischa Pace and Ben Svikis both graded to 2nd Poom (Junior) Black Belt. Jade Dover, Isabella Hutchinson, Aydan Kumar, Ethan Kumar, Henry Mann, Ryan Tran and Eugene Zheng all graded to 1st Poom (Junior) Black Belt. Jacinta Caruso, Jade McClure, Sharna McClure and Elizabeth Xiao graded for Cho Dan Bo (Junior Probationary) Black Belt. And Ben Copperwaite, Rohan Cannon and Perrin Samuel graded to 1st Dan Black Belt.



See overleaf for the rest of the Term 2 Grading Results

Rio Olympics - Taekwondo

Make sure you follow our MTC Olympic athletes, Caroline and Carmen Marton (left) as they chase their dreams in the women's Taekwondo events this August.



Colour Belt Grading Results Term 2- 2016

Congratulations to the following students who graded at the end of last Term.

10TH GUP (YELLOW BELT - NO STRIPE)

Levin Leong, Mason O'Brien, Flynn Pearce

9TH GUP (YELLOW BELT - 1 STRIPE) - ¾ GRADING

Taj Sivapalan

9TH GUP (YELLOW BELT - 1 STRIPE) - FULL GRADING

Lana Cole, Natan Gee, Andre Lewis, Jordan Pearman, Joseph Wang, Noah Titterton, Tessa Ward, Chan Hyung Lee, Matthew Hughes, Zara Kimber

8TH GUP (YELLOW BELT - 2 STRIPES) - FULL GRADING

Nathan Bayley, Abigail Fountas, Nathan Fountas, Hannah Geary, Cooper Geary, Arlo Hargreaves, William Miles, Colin Nobile, Ketan Porwal, Sebastian Unwin, Fiona Antony, Mary Bayley, Niels Oeltjen

7TH GUP (YELLOW BELT - 3 STRIPES)

Alannah Chin, Joey Dao, Tiffany Dao, Edmund Donoghue, George Moran, Sarah Moran, Leo Innes, Yasmin Innes, Sienna Lo Giudice, James Lundie, William Lundie, Matthew Nasseys, Bruno Wood, Claude Wood,

6TH GUP (BLUE BELT - 1 STRIPES)

Alex Wong, James Hefter, Oscar Mones, Domiic Heard

5TH GUP (BLUE BELT - 2 STRIPES)

Lucas Chin, Niran De Alwis, Luca McGavigan, Mia McGavigan, Thomas Nasseys, William Yu

4TH GUP (BLUE BELT - 3 STRIPES)

Kyra Bekos, Stephanie Dodd, Jack Edwards, Kian Haasbroek, Edward Hagger, Sacha Martina, Ayush Rayoo, Joshua Wong, Laura Arnold, Gina Bekos, Emma Chandler, Ruby Curtis, To-Kim Hoang-Le

3RD GUP (RED BELT - 1 STRIPE) - FULL GRADING

Patrick Bao, Andre Bekos, Jack Canty, Leane Leong, Lester Leong, Thomas Nguyen, Harrison Varsamidis, Freya Masters, Nicole Tran

2ND GUP (RED BELT - 2 STRIPE)

Connor Lamond-Dobson, Kai Rogerson, Yezi Liu

1ST GUP (RED BELT - 3 STRIPES) - ½ GRADING

Leilani Madonna

1ST GUP (RED BELT - 3 STRIPES) - FULL GRADING

Melissa Nguyen, Charlotte Sammartino, Nina Van Ravenswaaij, Yasmin Pace, Kirra Scoyne, Sally Pace, Christina Delaroudis, Joel Robinson

CHO DAN BO (JUNIOR - PROBATIONARY) BLACK BELT

Jacinta Caruso, Jade McClure, Sharna McClure, Elizabeth Xiao

1ST POOM (JUNIOR) BLACK BELT

Jade Dover, Isabella Hutchinson, Aydan Kumar, Ethan Kumar, Henry Mann, Ryan Tran, Eugene Zheng

1ST DAN (SENIOR) BLACK BELT

Rohan Cannon, Ben Copperwaite, Perrin Samuel

2ND POOM (JUNIOR) BLACK BELT

Mischa Pace, Ben Svikis

Changes to Training Schedule

Please note the following changes to our weekly training schedule this Term:

Wednesday Evenings – the 8:00 – 9:00pm timeslot is now available as an additional Senior Black Belt class.

Saturday Mornings – to accommodate our new Red Belts in Saturday morning Family Taekwondo classes:

Red Belts will train from 9:30 – 10:30am

Blue Belts will train from 10:00 – 11:00am

Beginners & Yellow Belts will train from 11:00 – 12:00 noon

Haedong Kumdo will run from 12:00 – 1:00pm

Maniacs Fight Classes will be at 1:00 – 2:00pm as usual

eNewsletter

Have you received our new eNewsletter? If not, you can subscribe by going to our website www.boroondaramartialartscentre.com.au and following the link and we'll keep you updated with the latest news and events.

Melbourne Mainiacs! (Sport Fighting Classes)

Anne-Marie Del'Orso will be continuing our Sport Fighting program in 2016.

Please Note: This Term, classes commence on **FIRST** Saturday of Term at 1:00pm.

Keep an eye out for more information on the notice board.

Anne-Marie is one of Australia's top Taekwondo Sparring Athletes, and brings a wealth of knowledge and experience to the floor.

Note: Essential equipment – Arm, Shin, Groin (for guys) & Mouth Guards
No guards – No training!

battle field techniques, Kumdo is designed to address multiple attacks from various directions, and is performed in a graceful and sweeping style which is fun to learn. Kumdo also incorporates one-on-one dueling, as well as sparring and target cutting.

Assistant Instructors

All Red and Black Belts are encouraged to participate in assisting instructing in colour belt classes. As well as being a requirement for your higher gradings, this experience will provide you with the opportunity to consolidate the knowledge that you have accumulated to date, as you break it down into an understandable format to communicate younger students. This in turn will lead you to a deeper understanding of what you are doing.
