

# Art of Defence Newsletter



**Happy New Year to you all!!! Classes will resume in 2009 as of Tuesday 27<sup>th</sup> January. See you all in class!**

**Our permanent phone number is now 0407 320 333. (There is a recording on 5367 5277 to say the same)**

## Training Dates

There will be NO training at all on Sat 7th March, Labour Day Weekend. The final training day for term 1 is Saturday 4th April.

**Term 2:** Monday 20th April till Saturday 27th June

**Term 3:** Monday 13th July till Saturday 19th September

**Term 4:** Monday 5th October till Saturday 5th December



## WANTED - VIP TRAINEES

We are presently wanting to recruit more Trainees into the Cert III Sports Coaching qualification. If you are 15 years of age or soon approaching that age, still attend a secondary college, and would like to earn money, attain VCE points, advance your Martial Arts skills very quickly and acquire a government recognized qualification, please contact us **URGENTLY!** Positions are available to cover Ascot Vale, Keilor, Caroline Springs, Taylors Lakes, Gisborne and Bacchus Marsh Dojos.

## Karate Advanced Training

Special sessions are conducted for 1<sup>st</sup> kyu and Black Belt Karateka. It is important for you to attend these sessions for your own personal development and advancement. They each consist of 90 minutes duration and are conducted by Shihan David. We will be holding these classes on the **FIRST Saturday** of every month, at Hombu Dojo, 12 Malcolm St, Bacchus Marsh.

Seniors 1:30-3:00pm and Juniors 3:00-4:30pm.

Those with coaching qualifications may attend both sessions.

N.B For March and June the sessions will be conducted on the **SECOND Saturday**, so as to avoid long weekends.

The screenshot shows a website for Art of Defence Australia. The header includes the ADA logo and contact information: "KUNG FU & KARATE Phone: 5367 5277". The main content area features several articles with images and text, including "Art of Defence Australia" (introducing the family-owned company), "Congratulations to Learner Mumford!!", "Term 3 Specials" (listing fees for various classes), "New Black Belts" (announcing new belt promotions), and "Want a FREE Karate Uniform?". A sidebar on the left lists various martial arts disciplines like Karate, Judo, and Taekwondo. The footer contains copyright information for 2008.

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## Karate Camp!!

Yes, we are having a special Karate Camp well suited to all students from beginners to Black Belts!!  
Everyone will learn and have a great time.

The accommodation is modern and comfortable, all meals are prepared and cooked for us, and Shihan David conducts all sessions. A great time will be had by all. Come and have some fun with us!!

This year, we are more than pleased to have the young Karateka come, without having to be accompanied by their parents. Yes, we will look after everyone. Indeed, we are even considering a bus pick up and drop off from and to the Keilor, Ascot Vale and Bacchus Marsh Dojos. We need your feedback on that point. (there will be a nominal fee to cover the hiring of the vehicle).

**PLEASE NOTE THAT THOSE ATTENDING THE CAMP WILL BE CREDITED WITH 30 LOG BOOK HOURS!**

**When:** Friday 22 May till Sunday 24 May 2009

**Where:** Lady Northcote Camp, Glenmore Rd, Rowsley (About 15 mins from Bacchus Marsh)

**Time:** 8pm Friday till 1.30pm Sunday

**Cost:** \$175 for Juniors, \$195 for Seniors; inclusive of accommodation, meals and training

**Bring:** Comfortable shoes, hat, karate gi, obi and protective gear, pjs, toiletries, towel, pillow, sleeping bag, change of clothes and a smile

**RSVP:** 15<sup>th</sup> March, 2009. Call Amelia on 0407 320 333 or email [artofdefence@yahoo.com](mailto:artofdefence@yahoo.com) Deposit of \$50 is required to confirm your placement. Numbers strictly limited.

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### Karate Camp Placement Form:

Name\_\_\_\_\_

Contact Phone Number\_\_\_\_\_

Email address\_\_\_\_\_

No. people attending\_\_\_\_\_

Deposit enclosed \$\_\_\_\_\_

I would like to be picked up and dropped off by the bus YES NO (Please circle)

If so from which Dojo? KEILOR **ASCOT VALE** BACCHUS MARSH  
(Please circle)

# Art of Defence Newsletter

## *DVDs coming soon!*

We will be selling DVDs covering our Karate syllabus from 9<sup>th</sup> kyu through to Black Belt status.

Volume 1 will cover all aspects from White belt to green belt (9<sup>th</sup> to 6<sup>th</sup> kyu), Volume 2 from green belt to brown belt (6<sup>th</sup> kyu to 3<sup>rd</sup> kyu) and Volume 3 from brown belt to black belt (3<sup>rd</sup> kyu to Shodan Ho).

These will be a great way to watch Shihan David demonstrating and instructing all the techniques required for each grading. These are a must have for everybody!

We will announce availability shortly.

## Cheng Ming Tai Chi Training Tour to Taiwan

Departing Melbourne on April 7<sup>th</sup> 2009 and arriving back in Melbourne at dawn on April 16<sup>th</sup>. Come and have a fantastic cultural and life changing experience with our Masters in Taiwan.

Please consider coming to train and live alongside our highly esteemed Cheng Ming Family. Increase your personal development and enjoy a unique experience at the same time.

Talk to Amelia or David as soon as possible if you wish to join the tour. All are very welcome.

## Black Belts

Just a quick reminder that you are free to train in Weaponry and Tai Chi at no extra charge. These sessions are added to your log books so why not come and learn something new.

Don't forget to visit our website at [www.artofdefence.com.au](http://www.artofdefence.com.au) and check out our [youtube](#) video on the homepage. You might even see yourself in the video! Keep training hard.