

Art of Defence Newsletter



Congratulations

Congratulations to Sensei Michael Chetcuti and Karen on their recent wedding. Much happiness to you both.



Training Dates

There will be NO training at any Dojo on Fri 22nd May, or Saturday 23rd May as we will be conducting our annual Karate Camp. Also there will be no training on Saturday 6th June or Monday 8th June due to the Queen's Birthday long weekend.

Bacchus Marsh Dojo

On Wednesday 13th May, we are unable to use our regular Dojo, so all classes on **THIS DAY ONLY**, will be held in the Music room, which is at the rear of the Dojo. Look for our A-frame sign.

Karate Master Class

The next session for Senior Advanced Karateka 1st Kyu and above is scheduled for Friday 5th June, 8-9:30pm at the Bacchus Marsh Dojo, Darley Primary School Gym, Nelson Street Bacchus Marsh.

Shihan David conducts these sessions which are a great opportunity to learn advanced techniques.

Tai Chi

Always tired? Stressed out? Come and try a gentle breathing exercise program. Adults of all ages and fitness levels are very welcome. The first 2 lessons are absolutely free of charge so why not learn how to live longer in better health. Please visit our website for more details, information, and session times.

Training Trip to Taiwan

In September 2009, we are organizing a trip to Taiwan to learn from our Masters in the Cheng Ming System of Kung Fu that we teach and practice daily. If you think you'd like to experience another culture, fantastic training, great hospitality and have fun as well, please speak to David or Amelia.



Art of Defence Newsletter

[DVDs For Sale](#)

We have had an overwhelming response to the release of our Karate Syllabus DVDs. Many students have purchased the different volumes and are highly impressed with being able to practice more at home and refine techniques. These DVDs are also helping parents to interact with their children and follow their progress through step by step instructions.

DVD 1: 10th Kyu to 6th Kyu (White belt to Green belt)

All strikes, kicks, blocks, Kihon, Tenshin Ho, Kata Gekisai Dai, Gekisai Sho, Sanchin and Bunkai (54 minutes) **Only \$39.95**

DVD 2: 5th Kyu to 3rd Kyu (Green Belt to Brown Belt)

Kata Tensho, Saifa, Nifanchi Shodan, Te Sebaki, Basic Sparring Method 1&2 and Bunkai (44 minutes) **Only \$59.95**

DVD 3: 2nd Kyu to Shodan Ho (Brown Belt to Black Belt)

Kata Sanseru, Kata Seinchin, Ken Sebaki, Keri Sebaki, Ashi Sebaki, San-Kako Tenshin, Basic Sparring Method 3&4 and Bunkai (32 minutes) **Only \$79.95**

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



Special Price: Buy all 3 for only \$149.95
(SAVE \$29.90!!)
Call Amelia now on 0416 200 311

[Expressions of Interest- Women's Self Defence](#)

If you are interested in participating in a short course of 5x90 minute sessions to learn dirty street fighting and survival techniques in either the Keilor or Bacchus Marsh area, please let us know. Cost per person is \$150. Topics covered include defensive living in the home, whilst walking and around the car. We talk about awareness and assertiveness and teach you very easy physical skills. Learn how not to be a good target, increase your self confidence and have fun all at the same time. Mums, older sisters, friends and relatives of our students are warmly welcomed. Call Amelia on 0416 200 311 or email her artofdefence@yahoo.com

