

Art of Defence Newsletter



Reminder: There are no regular classes on long weekends i.e Sat to Mon inclusively, nor on school or public holidays.

Israel

Shihan David is off to train in Israel with the Masters from 20/5/2010 till 30/5/2010. We wish him well in his endeavour and classes will be conducted as normal in his absence.

Kumite Skills Workshop

A great time was had by all who attended the full day workshop/seminar which was graciously conducted by Sensei George Dodera, World champion in this specialty. We all learnt specific and wonderful skills and are grateful for this opportunity.

This précis has been written by Kohai (student) William Cornwill 8th Kyu, who attended this great event.....

Karate Kumite Seminar

It was a bright and early Saturday morning when my son Ethan and I arrived at the Bacchus Marsh Dojo for the all-day Karate Kumite Seminar. With no real understanding of what to expect from a Karate Seminar, having never attended one before, we entered the dojo, got changed into our gi's and padded ourselves up in preparation for what I can now reflect on would be a fun filled and fantastic day.

We all lined-up and proceeded to bow-in to Shihan David Zarb and Sensai George Dodera who would be taking the seminar. The first activity was the warm-up, which for me didn't take long. We were running up and down the Dojo, doing start jumps and generally exercising our sweet glands. Stretching ourselves against the wall was very interesting and we also then learnt the art of acknowledging our Sensai, Hai!

During the day we practised various punches, kicks and take-downs; the whole day building layer upon layer of skill. We also learnt about the different types of fighting styles, which was very interesting. I found out that I am a Counter fighter. We broke for lunch, drove down to Back to Bacchus restaurant and were given a choice of Steak or Chicken Parma and a drink, yum! The afternoon was again packed with lots of exercise and skills learning.

I would like to thank Shihan David and Sensai Amelia for organising such a fantastic day. I would also like to thank Sensai George for all the great tips and knowledge he was able instil on us during the day. For those that did not attend, you missed out on a really great day and if you have another opportunity to attend a Karate Kumite Seminar in the future I would highly recommend it.

Tournament Training

The following sessions have been scheduled from 5.30pm till 7pm at Hombu Dojo, 12 Malcolm Street Bacchus Marsh. Sessions are costed at \$10

Monday 3rd May

Monday 7th June

Monday 21st June

Cheng Ming Hsing I Classes

These sessions have been scheduled at 8.00pm at Keilor Dojo, 50 Overnewton rd, Keilor

Thursday 6th May

Thursday 3rd June

Thursday 24th June

Thursday 13th May

Thursday 17th June

This is an opportunity to begin learning or indeed advance your skill level in this huge syllabus. Most weaponry is in the Hsing I style, and of course many patterns as well. Come and try it even if you have never before attended any of our Kung Fu Classes. All students training on a multiple basis are covered to train here as well.

Black Belt Karate School

These sessions have been scheduled from 7.00pm till 8.30pm at Hombu dojo, 12 Malcolm St, Bacchus Marsh. All karateka at 1st kyu and above are welcome to attend. All students training on a multiple basis are also covered to train here as well.

Seniors – Monday 3rd May and Monday 7th June 2010

Juniors & Qualified Coaches – Monday 10th May and Monday 21st May 2010

Website – www.artofdefence.com.au

Please visit our website for checking sessions and venues as it is always updated. We have a NEWS page now to make this easier for you. Also, we are now offering Corporate Stress Management in your workplace. If you would like us to come and teach your staff meditation and some relaxing Tai Chi movements in your spare time at work, please see Amelia. Again, much more info on the website.