

Art of Defence Newsletter



Welcome to Term 4, 2009

Final training day for this term is Saturday 5th December.

NO Training on these days:

Saturday 31st October, Monday 2nd November, Tuesday 3rd November,
Wednesday 4th November.

Also, on Saturday 21st November at both Keilor and Bacchus Marsh Dojos,
there will be **no Weaponry or Kung Fu** classes, but the 9am Karate class will
run as usual. This is because we are conducting a seminar that day.

2010 Training begins immediately following Australia Day (as of Wednesday
27th January).

Cert III Sports Coaching Traineeships

We are now scouting for prospective trainees for the new year. If you know someone who still attends school, and is 15 years of age (or close to), please contact us asap. This is a government subsidized and recognized formal qualification. You are paid to learn to Coach for 13 hours per week (10 of them in the Dojo). There is no prior experience required in Martial Arts.

Early Bird Special

For those students who train on a multiple basis and wish to pay 2010 fees prior to Saturday 5th December 2009, you will receive a HUGE 25% discount. That's right, pay for 3 terms and receive a full year of training! This applies to both Karate and Kung Fu participants.

Term 4 Special: Personal Training

Personal Training is available for children during Term 4 at the special discounted rate of \$45 per 30 minute session. A Shodan (Black Belt) Coach will come to your home on a day and time that suits you best, to assist your children in their practice, revision, grading preparation and most importantly to reach their goals. This is a unique way of having one-on-one personal tuition and is highly beneficial for beginners through to advanced students.

New Dojo!

We now operate Junior Karate classes on Mondays at 3:45pm at the Bacchus Marsh Primary School Gym, Lerderberg Street Bacchus Marsh. Sensei Gabby conducts all sessions so please tell all your friends about the new class, especially those who attend this school and whose parents are time poor.

We need you!

To ensure the viability of the Gisborne Dojo, we need more members. Invite your family members and friends to come and try Karate in Gisborne on Wednesdays at 4:15pm, Senior Citizens Hall, Hamilton Street in Gisborne. This is a junior Karate class conducted by Sensei Gabby.

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Cheng Ming Internal Kung Fu Seminar

All practitioners are invited from beginners right through to advanced to attend a weekend Seminar Saturday 21st November and Sunday 22nd November 2009, in Melbourne.

The Seminar will be held at the Art of Defence Studio, 12 Malcolm Street, Bacchus Marsh from 10.30am til 12.30pm, then from 2:00pm til 4:30pm on both days. The cost for one day is \$120 or two days is \$230 per participant. Lunch will be provided on both days.

All you require is suitable attire, footwear for outdoor weaponry (weather permitting) and a happy disposition. Weaponry will include short stick and long pole.

Ballarat Coaches operate a direct bus service to and from Tullamarine Airport. Please contact them on 03) 5333 4181 for a timetable.

Accommodation can be arranged for you upon request;. **Motel - Hotel - Caravan Park** (Hotels/Motels are very easy walking distance & Caravan Park is 1.5km

Saturday 21 st November	Sunday 22 nd November
<ul style="list-style-type: none">• Tai Chi Chuan and Applications• Weaponry and Applications	<ul style="list-style-type: none">• Hsing-I and Applications• Weaponry and Applications

Name:.....

Phone:.....

Email:.....

I will be attending SATURDAY SUNDAY (please circle)

Amount Enclosed:.....

Please contact me regarding accommodation YES NO (please circle)

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Karate Camp 2010

Mark it down now in your 2010 diaries. April 23, 24 and 25th at Lady Northcote in Rowsley near Bacchus Marsh. A great time is in store for those who participate, more details to follow soon.

Trip to Taiwan

Cheng Ming Practitioners are invited to join a training trip to Taiwan in late March, 2010 for approximately 8 days. The weather is more conducive to training and regardless, the Taiwanese hospitality and culture is not to be missed. If you are interested, please see David or Amelia and we will post more specific details soon.

The Masters are coming

In September, 2010, Master Wang Fu Lai and Master Huang Su Chun are coming from Taiwan to conduct Seminars on Tai Chi, Hsing I, Ba Gua, Weaponry and Applications (Bunkai).

Don't miss this opportunity to view for yourself first hand International Treasures at their best. There will be special classes for children and for those Adult Karateka who wish to learn advanced applications (Bunkai) that relate all too well to Karate Kata. Invitations will be extended all throughout Australia, New Zealand, Japan and beyond. Again, more details are to follow soon.

Congratulations

Nigel Curwell has recently attained Hsing I Instructor level qualifications (similar to a 2nd Dan) in the Cheng Ming system. A great achievement indeed!

Also, Daniel Wachtel has attained his Tai Chi instructor level qualification with a particularly exceptionally high standard. Great job!

Looking Good

Just a few reminders about our Members' presentation and Dojo rules and etiquette to ensure high standard and adequate safety measures.

- Please make sure you have no cuffs on pant legs or sleeves
- Please wear only white shirts or crop tops underneath your gis
- Please wear correct Cheng Ming uniforms at all times
- Please ensure your clothing is clean and in good condition
- Please ensure short fingernails and toe nails
- Please remove all jewellery for all Karate classes

We are professional in every way and hope you enjoy our high ethics as well.

KARATE TRAINING DVD's UPDATED TO BLACK BELT 2ND DAN !



Newly updated Shihan David Zarb (5th Dan Goju Ryu) has produced 5 collector item DVD's covering everything required to 2nd Dan Black Belt

- All techniques are performed in real time and in explained in a tutorial format
- Easy to follow, refine your technique at home !
- DVD's includes all Kata, Bunkai and other techniques

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**

DVD 4: Shodan (Black Belt 1st Dan)

Kata Sepai, Kata Seiunchin II, all Bunkai for Sepai and Seiunchin II. **Only \$79.95**

DVD 5: Nidan (2nd Dan Black belt)

Kata Happoren, Kata Nifanchi Nidan, Kata Sesan, Kata Shishoochin, all Bunkai for Sesan and Shishoochin, 10 Nage-Waza-Jupon. **Only \$99.95**

"BUNDLE SAVINGS: 20% OFF"

DVD'S Volume 1 to 3

(White Belt to Black Belt)

Special price: Buy all 3 for \$149.95 **(SAVE \$29.90!!)**

DVD'S Volume 1 to 4

(White Belt to 1st Dan Black Belt)

Special price: Normally \$259.90, buy all 4 now for \$214.95 **(SAVE \$44.95)**

DVD'S Volume 1 to 5

(White Belt to 2nd Dan Black Belt)

Special price: Normally \$359.85, buy all 4 now for only \$299.95 **(SAVE \$59.90)**

Call Amelia now on 0416 200 311 or visit www.artofdefence.com.au