

Art of Defence Newsletter: June 2008



Win a T.V!

As the end of Term 2 is looming, we have decided to run a competition encouraging you as our students, to introduce Martial Arts to your friends and family. For each friend you bring during the next 3 weeks to participate in class (until the end of term), you will receive one entry into the draw to win a brand new T.V/DVD combo! It is a sensational prize, will you be the winner ?? The more friends you bring, the more entries you will receive. We will be drawing the winner on Wednesday 25th June, at 6:00pm at our Bacchus Marsh Dojo.

This is a great opportunity for you to show your friends the skills and techniques you are learning, and be rewarded at the same time! Please see your coach for them to enter your name into the draw each time you bring a friend to your normal session. If you have any queries, please approach your instructor or contact the office on 0407 320 333. Hope to see your name in the draw and remember there is only 3 weeks to go!



[This could have your name on it !!](#)

Taiwan Trip

We have planned a training trip to Taiwan departing 22nd of September 2008. This is a fantastic opportunity to further our knowledge of the Cheng Ming system as well as have a fantastic time with our Dojo brothers and sisters. Truly an inspirational trip, incorporating the best possible hospitality, culture shock and training. Please see Amelia or David for further information

Have you checked out our brand new website?

We have a brand new website which has been redesigned to make navigation easier. It outlines all our classes, their locations, times and all the programs. Check out our latest photos, info and our brand new online shop! Save us as a favourite at www.artofdefence.com.au and check back regularly for up to date information.

Advanced Karate training

The next advanced training for 1st Kyu level and above is on Sunday 6th July at Bacchus Marsh Dojo (2 Young St)

9:30am Juniors, 11:00am Seniors.

Despite this being in the School holidays, these sessions are definitely on and important. Hope to see you all there.

N.B These sessions are conducted by Shihan David Zarb at no extra cost.



Congratulations!



Congratulations to our newest Black Belts! You can view all of our Black Belts on our website at:

<http://www.artofdefence.com.au/karate/karate-black-belts.html>

Thilag Kumar Pooraman- Junior Shodan Ho Keilor Dojo

Santhini Kumari Pooraman- Junior Shodan Ho Keilor Dojo

Allistair Whittall- Junior Shodan Ho Bacchus Marsh Dojo

Brooke Fleming - Junior Shodan Bacchus Marsh Dojo

Free Tai Chi In The Park

"Free Tai Chi In The Park" is still in Maddingley Park, Bacchus Marsh but is now commencing at 8.00am on the 1st Sunday of every month. Everyone is most welcome to join us, especially beginners!!

New Changes for Ascot Vale Dojo

We have made some changes to the Karate Sessions at Ascot Vale Dojo.

Tuesdays – Junior Karate at 5:30pm
- Advanced Junior Karate at 6:30pm

Thursdays – Junior Karate at 5.00pm
- Advanced Junior Karate at 6:00pm

Saturdays – Tai Chi at 9am
- Weaponry at 10am – Come and Try!!!

All Karate classes will still be conducted by Sensei Gabby Digiglio 3rd Dan (Sandan)

All Tai Chi and Weaponry classes will be conducted by Evelain Dong (Tai Chi Instructor Cheng Ming Australia).

New Changes for Gisborne Dojo

Classes will now be on a Wednesday at 4:15pm at the Senior Citizens Hall, Hamilton Street, Gisborne. Hope to see you there!

Saturday classes for adults

Adults are now encouraged to participate in Karate classes in Bacchus Marsh and Keilor at 9am. Learn at the same time your children are. The opportunity is there for you to keep fit and learn Self Defence. Brand new Karate uniform to all new members. Come and have a go!



New Karate DVD

Shihan David has been asked many times over the years if he was ever going to put Kata's and training methods on DVD. The answer was always.. one day !! Well fortunately that day is soon arriving as next month he starts filming for Volumes 1 to 3. This will cover all the syllabus (basic to advanced to around brown belt). Over time he will build to this, potentially adding Tai Chi and Weaponry as well. This will be a must have collector's item available at our online store towards to the end of August (by the way if you haven't seen our store, we have over 20 items !!, here is the link <http://www.artofdefence.com.au/online-shopping.html>)

Get to know our Instructors: Sensei Gabby

This newsletter we have conducted a quick interview so you can get to know more about Sensei Gabby who conducts classes at Taylors Lakes, Ascot Vale, Gisborne, Caroline Springs and Melton Dojos.

Gabby, What is your rank?

Answer: 3rd Dan

When did you start Martial Arts?

Answer: 1992- 5 years of age

Why did you want to study Martial Arts?

Answer: I had no choice. My mum forced me!

What do you do outside of class?

Answer: I'm always planning my classes



Is there a Mr Gabby?

Answer: Yes, Mr Blue Eyes, and he doesn't mind me mentioning him. (Joey is his name)

What is the funniest thing you have seen happen in class?

Answer: Playing poison ball with the swiss balls, a student was King Hit straight off his feet and he laughed too!

What advice do you have for your students?

Answer: Keep learning, train hard, and have fun!

Weaponry classes held every Saturday

One of the fastest growing parts of the Art of Defence empire is our Kung Fu Weaponry classes held every Saturday morning at Bacchus Marsh, Keilor and Ascot Vale (For adults and kids). Students begin by learning the short stick, then progress to swords, long pole and spear. Weapons are generally made of wood and are very safe. The attraction to many students is the diversity. One week they are wielding long poles dramatically like Bruce Lee, the next they are waving swords slowly in a Tai Chi pattern. It really is a fascinating and enjoyable experience.

No equipment is needed to begin, so there is no initial outlay, although most students choose to purchase sticks and swords for their own practice over time. The incremental cost is low if you are already doing Karate or Tai Chi and is only \$5 additional per week! So why not come and try!



Important : No classes will be held during the Queen's birthday long week end including Saturday 7th and Monday 9th of June

Final training day for Term 2 is Saturday 28th June, 2008. Term 3 commences on Monday 14th July, 2008

Updated 2008 Training Schedule Effective 1/6/08

Bacchus Marsh: 2 Young Street, Bacchus Marsh
(Directly behind the BP Service Station in Main Street.)

Mondays *10.00am Senior Karate*
 11.00am Kung Fu (Tai Chi)
 4.00pm Juniors
 5.00pm Intermediate Juniors
 6.00pm Advanced Juniors
 7.00pm Senior Karate
 8.00pm Kung Fu (Tai Chi)

Wednesdays *4.00pm Juniors*
 5.00pm Intermediate Juniors
 6.00pm Advanced Juniors
 7.00 Senior Karate
 8.00pm Kung Fu (Tai Chi)
 9.00pm Cheng Ming Black Sash & Inner Door Training

Saturdays *9.00am Junior Karate*
 10.00am Weaponry
 10.45am Kung Fu (Tai Chi)

Ascot Vale: St. George's Hall
Corner Baroda & Lucknow Streets, Ascot Vale

Tuesdays *5.30pm Junior Karate*
 6.30pm Advanced Junior Karate

Thursdays *5.00pm Junior Karate*
 6.00pm Advanced Junior Karate

Saturdays *9.00am Tai Chi*
 10.00am Weaponry

Caroline Springs

Caroline Springs/Mowbray College, Brookside Campus, Federation Way, Caroline Springs
Basketball Stadium, (Hall)
Fridays 5.15pm Junior Karate

