

Art of Defence Newsletter



The final training day for Term 3 is Saturday 20th September. Term 4 will commence on Monday 6th October 2008

Stop press: We're back in Melton!

We are pleased to announce that Senior Karate classes have resumed in Melton!

Adult Karate classes are held Tuesday and Thursday evenings at 7pm so why not join us at Mowbray College, Centenary Avenue Melton. Enter via Gate 1 and head straight to the building on the left. (The Mill)

Happy Father's Day!

Wishing all of our Fathers and Grandfathers a very special day.
Hope you have a good one!

Karate Advanced Training

1st Kyu and all Black Belts are invited to Hombu Dojo (2 Young Street, Bacchus Marsh) on Sunday 14th September.
Please note this is **NOT THE 1ST SUNDAY OF THE MONTH BECAUSE OF FATHER'S DAY** which is on the 7th September.
Juniors commence at 9:30am followed by Seniors at 11:00am. Come and learn directly from Shihan David!

Term 4 Timetable Changes

Overnewton Taylors Lakes Dojo - Classes will now commence at 3:30pm on Tuesdays

Overnewton Keilor Dojo- Classes will now commence at 3:30pm on Fridays

Please inform the children to be ready a little earlier.

Ascot Vale Dojo - Classes will commence at 5pm for Beginners/Intermediate juniors and 6pm for advanced on both **TUESDAYS** and **THURSDAYS**

Bacchus Marsh Dojo- Due to low attendance, classes will no longer be held on Monday mornings. We will review the situation mid-term.

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VIP: Very Involved Parent TOP 5 WAYS TO BE A V.I.P

The following is a list of five ways that you, as a Very Involved Parent, can take an active role in your child's journey toward becoming a Black Belt Champion in Life!

1. Teach your child the important of being on time for class. When it comes to regular classes, our Shihan always reminds us "It's better to be 10 minutes early, than 1 minute late." This helps develop a sense of responsibility with your child getting ready for their Karate classes.

Help them get in the habit of getting into uniform early, and checking to see that they have their required items such as belt, weapons or other safety equipment. When a child comes late for class they experience a negative feeling for the start of their class. If allowed to happen over time, tardiness will develop into a habit that shows up in many areas of their life.

2. Stop in to watch and observe your child in class. We are all busy people and it may be tempting to drop your child off to class while you run an errand or two. While this may be acceptable once in a while, it should not become the norm. Your child will perform better knowing you are watching, especially if you are really watching.

Children like to please their parents; staying to watch your child will develop a sense of pride and accountability for their efforts in class.

By the way, **PRIDE** stands for Personal Responsibility In Daily Effort!

3. Volunteer to hold targets or to be a safety coach. We often run drills where parents are encouraged to help out by being a target holder or even a safety coach during our sparring training. Be willing to remove your shoes and step onto the mat to help out. Your child will love having you in his/her line holding the targets for them to strike.

Being a safety coach allows you to coach your child, as well as others, a little closer than from the sidelines. Again, your child will love having you close by.

4. Maybe you can let your child be the instructor, and you can be the student for a while. Then switch the roles. If children look at practicing as something that's fun to do, they will do it without you having to push them. Kids like accessories; invest in some hand targets and kicking shields that will allow your child to really get into their practice sessions with you at home. Any equipment that you see us use on the floor can be ordered directly through us, plus it will save your pillows and furniture in your home!

5. Getting too critical of your child's form or detail will only put up a wall between you and them. Understand that with time and training, your child's skill will develop to unbelievable levels. When correcting, be what we call a "good-finder". That is to point out all the good you see and sandwich it around any corrections you may suggest.

You know the old saying, "You catch a lot more bees with honey than you do with vinegar!" Your child will respond to the positive praise much better than they ever will by pointing out all the areas they need to work on. Spoon-feed the corrections and smother the praise and you'll see your child's confidence and skills grow at an amazing pace!

These are just a few ways to be a V.I.P, even if becoming a student yourself is not right for you. Remember to team up and never give up when it comes to keeping your child on track with their Martial Arts training and progress.

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Weaponry

Why not come and try a couple of sessions at no extra charge to see if you enjoy the art of weaponry? Classes are held at Bacchus Marsh, Ascot Vale and Keilor Dojos on Saturdays at 10.00am for an intensive 45 minute session. Beginners are very welcome. We teach sword, short stick, long pole and spear forms. Come and empower yourself!

Attention: School Students!

How would you like the opportunity to show your class mates what you have learnt in Karate thus far?

We are offering your school classmates a complimentary demonstration with the approval of your school teacher.

And by doing so, you will receive a round focus mitt as a thank you gift.

We would need approximately 30 minutes of class time and it would be interactive and fun for all.

This way we can create some interest among your friends and hopefully see them again in the Dojo!

All you need to do is obtain your school teacher's permission and get him/her to sign this form.

Return this form to your Sensei as soon as possible and we will do the rest!

Look forward to seeing you and your friends at your school soon.

I would like to find out more about an in-class demonstration of Karate at our school:

Student's Name:

Teacher's Name:

School Name:

Contact Number:

Teacher's Signature:

Email Address:

Cheng Ming Internal Kung Fu Seminar

All practitioners are invited from beginners right through to advanced to attend a weekend Seminar Saturday 1st November and Sunday 2nd November 2008. The Seminar will be held at the Art of Defence Studio, 2 Young Street Bacchus Marsh from 10am til Noon, then from 2:00pm til 4:30pm on both days. The cost for one day is \$100 or two days is \$190 per participant.

All you require is suitable attire, footwear for outdoor weaponry (weather permitting) and a happy disposition. Weaponry will include short stick, long pole, Hsing I Sword, Tai Chi sword and spear.

Hsing I will include 9 animals, 5 elements, linking form and cycling form. Ba Gua will incorporate Ba Mu Zhang and Ba Gua Lenghuan Zhang.

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; please specify which nights. **Motel** \$102 per room- **Hotel** (a) \$70 per room- **Hotel** (b) \$50 per room **Caravan Park**- Ensuite Cabin \$81 or deluxe 2 bedroom cabin \$96

(All prices are per room- whether it be one or two people)

Hotels/Motels are very easy walking distance & Caravan Park is 1.5km.

Saturday 1st November

Sunday 2nd November

- Chi Kung
- Meditation
- Tai Chi Chuan
- Weaponry

- Hsing I Chuan
- Meditation
- Ba Gua
- Weaponry

Name:..... Phone:.....

Email:.....

I will be attending SATURDAY SUNDAY (please circle)

Amount Enclosed:.....

Please contact me regarding accommodation YES NO (please circle)

2008 Training Schedule- EFFECTIVE TERM 4 2008

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

Mondays

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 *5.00pm Beginners/Intermediate Juniors*
6.00pm Advanced Juniors

Thursdays *5.00pm Beginners/Intermediate Juniors*
6.00pm Advanced Juniors

Saturdays *9.00am Kung Fu (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*

Keilor Lowther Hall Sports Complex

50 Overnewton Road, Keilor

Tuesdays 4pm *Junior karate*
 5pm *Intermediate Junior Karate*
 6pm *Advanced Junior Karate*
 7pm *Senior Karate*
 8pm *Kung Fu (Tai Chi)*
 9pm *Cheng Ming Black Sash & Inner Door Training*

Thursdays 4pm *Junior Karate*
 5pm *Intermediate Junior Karate*
 6pm *Advanced Junior Karate*
 7pm *Senior Karate*
 8pm *Kung Fu (Tai Chi)*

Saturdays 9am *Junior Karate*
 10am *Weaponry*
 10.45am *Kung Fu (Tai Chi)*

Melton

Mowbray College - Centenary Avenue, Melton

Mondays 3.45pm *Junior Karate (Gate 2 Dance Drama)*
Tuesdays 6.00pm *Teenager Karate (Gate 1 – The Mill)*
 7.00pm *Senior Karate (Gate 1 – The Mill)*
Thursdays 6.00pm *Teenager Karate (Gate 1 – The Mill)*
 7.00pm *Senior Karate (Gate 1- The Mill)*

Gisborne

Senior Citizens Hall, Hamilton St, Gisborne

Wednesdays 4.15pm *Junior Karate*

Overnewton Keilor

Overnewton College, Performing Arts Centre, Overnewton Road, Keilor

Fridays 3.30pm *Junior Karate*

South Yarra

Christ Church Grammar School, Punt Road, South Yarra

Tuesdays 1.30pm *Junior Karate*

Overnewton Taylors Lakes

Overnewton College, Multipurpose Hall, Robertsons Road, Taylors Lakes

Tuesdays 3.30pm *Junior Karate*

