

Art of Defence Newsletter



Welcome to Term 3, 2008

A very warm welcome to Term 3. Hopefully you have all had a well deserved break and are ready to resume training again. It is always exciting to learn more and increase your level of personal development!

This newsletter we have lots of interesting information on Karate, Tai Chi and Weaponry.

Stop press: exciting news on Traineeships

One of our important new initiatives has been the introduction of our trainee program. Over the last 2 years we have employed 15 trainees who are studying their Certificate III in Sports Coaching. Trainees are readily identifiable by their flash blue uniforms.

This is a great way to not only gain an important qualification; it also develops tremendous leadership qualities.

The traineeships are organised through a Registered Training Organisation, (namely Kenshusei International College) and the Government sector to encourage people to be multi skilled, and to embrace formal qualifications. Along with their Martial Arts qualifications, our trainees will have formal government recognised qualifications as well. They may choose to Coach on a full or part time basis, and will require this Cert. III Sport (Coaching) to pursue this career path.

The new news is we can now accept adults into the program as well as kids (above 15 years). So if you are a parent, would like to train, learn new skills such as Exercise Science, Biomechanics, First Aid, Modern Coaching Principles, Lesson Planning and much more, this is for you. The government all but subsidises this project (so you are paid!!).

Please jump on the phone and call Amelia to register your interest on 0416 200 311 or 5367 5277



Presenting our new look web site !!

Our new look web site is up and running and since it started our hit rate has doubled. Check in regularly for information on training times, news, events, latest pictures and our ever popular online store (great bargains this term on Weaponry bags and Tea). Please bookmark

<http://www.artofdefence.com.au/>

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Term 3 specials

Weaponry Bags- Special Black Vinyl Bags- Easy to store your weapons in- Normally \$30- **Now only \$20 !!**

Taiwan Oolong Tea- Normally \$20, now only \$12 per packet



Japanese Night out!

Come and have dinner with us Japanese style!

Fuji Teppanyaki- 545 Mt Alexander Rd, Moonee Ponds
(Near Moonee Ponds Junction Melways reference 84A E6)

Saturday 2nd August 6:30pm. Fully Licensed, BYO wine only.

We have booked a private function room so as to enjoy ourselves completely. Check out their website www.fujiteppanyaki.com.au for further information.

(I would think that this venue would not be appealing for very young children.) Let us know if you are coming as numbers are limited and we need to confirm with the restaurant.



Picnic in the Park

Sunday 31st August at 11am. Come one and all! BYO Picnic/BBQ lunch and join in on some Martial Arts before lunch. Make sure you bring your Gi and sturdy footwear. Come and join in on the fun of doing Karate and Tai Chi outdoors and play some games with us too!

Sunday 31st August at 11am

Hannah Watts Park- High Street, Melton (Towards the industrial end of High Street, diagonally opposite Harrison Ford.

BYO – Everything!



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Congratulations to.....

Dilraj Singh and Michael Chetcuti both attained Shodan Ho level in Goju Ryu Karate. Both of these gentleman did a brilliant job so congratulations on your achievements.

Also we are very proud to announce an extraordinary achievement. In the Cheng Ming Internal Kung Fu System that we teach, Leanne Mumford has successfully passed the competencies required for Hsing I Instructor! Only a handful of people in Australia hold this qualification. We are very proud of Leanne's great effort!



(Dilraj Singh)



(Michael Chetcuti)



(Leanne Mumford)

Winner of TV/DVD Competition is ...

The lucky winner is Michael Chetcuti, newly appointed Shodan Ho at Bacchus Marsh Dojo. As you could imagine all Michaels team mates were thrilled for him .. (not!!)

Update on Tai Chi times

We have cancelled Tai Chi in the Park on Sunday mornings at Bacchus Marsh, maybe when the weather improves we can bring it back. The **good news** is we have added a new Tai Chi session at Ascot Vale on Sat mornings at 9am

Romance is in the air !!

Michael Chetcuti has become engaged to a beautiful lady, Karen. The best of happiness to you both and congratulations! Oh and the wedding of the year is John Tarascio and his beautiful bride Vy. Congratulations and big hugs!

Weaponry news

For the past 2 years we have been subsidizing the weaponry classes. Unfortunately, the classes have become non-viable unless we disseminate the expense. Fees for general students will now be \$100 per term. This will also apply to cross training in the Kung Fu/Karate classes. As you may appreciate, having a Martial Arts school that offers Karate, Tai Chi and authentic Asian Weaponry classes is extremely rare.

Why not give Weaponry a try? Saturday mornings 10am at Bacchus Marsh, Ascot Vale and Keilor. Learn to use the sword and short stick in a highly disciplined and controlled atmosphere and have fun at the same time! First 2 lessons are free of charge.

