

# MORDIALLOC DOJANG



August 2011

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[www.mordiallocmartialarts.com](http://www.mordiallocmartialarts.com)

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## 2010 Dragons Appointed



Carrie Heath & Marian Moloney  
Dragon inductees 2011

Carrie Heath and Marian Moloney have been awarded Dragon status within our club. Dragon status signifies that a student has been able to achieve the ultimate recognition for the hard work that they have devoted to their martial arts training and the assistance they have given the club in general. Both Carrie and Marian achieved their Chodanbo earlier this year and being mothers (Carrie with 4 kids under 10) both have not only found time to train and practice but assist in the instruction of others on a regular basis. No arguments to two worthy recipients.

### Previous Dragon appointments

2011	Carrie Heath	Marian Moloney
2010	Craig Heath	Jo Wapling
2009	Alister Johnson	Jordan Johnson
2008	Matthew Harmor	Jack Miller
2007	Jane Sutton	Christian Savaglio
2006	Hannah Graham	Michael Wheeler
2005	Chris Bardeel	Jonnie Slocombe
2004	Linda McLachlan	Shaun Prasad
2003	Amanda Whitehouse	Kerry Davis
2002	Not Presented	
2001	Not Presented	
2000	Alvina Mineo	David Bourke

**I**t has taken awhile, but Bec Bergero finally achieved her Green belt in July. With numerous taunts from her Blue belt children, as to how far they outrank her, the former long term yellow belt made the effort to not miss another class and move away from yellow. As we have said all along

**“it is the journey that is important, not the destination”**

Well done Bec, you can look forward to learning a whole range of new stuff from now on.



## **July 2011 Grading Results**

Dylan Andison	Red 2 (intermediate)
Bec Bergero	Green 1 (senior)
Danny Ellem	White 1 (senior)
Kris Ellem	White 1 (senior)
Peter Goodman	Yellow 2 (senior)
Harry Mayberry	Yellow 2 (senior)
Chris Bibby	Green 1 (senior)
Scott Nicholls	Yellow 2 (senior)
Connor Taylor	Yellow 1 (senior)

## **The Five Aims of TaeKwon Do**

The eleven Commandments of Tae Kwon Do provide students with clearly defined, specific behaviors that every practitioner is expected to follow. In the real world, however, we understand that every possible solution cannot be anticipated and planned for with a list of set rules. Therefore, along with the 11 commandments, TaeKwon Do includes in its teachings a set of behavior goals known as the Five Aims of Tae Kwon Do.

Respect (of ones self and others)

Humility

Perseverance

Self Control

Honesty

Unlike the 11 commandments, which are specific rules, the five aims are purposefully general because they are intended as idealized behavior traits. Practitioners who take these guidelines to heart and earnestly practice them in their lives cannot help but follow the eleven commandments as well because the commandments were devised as specific expressions of these general principles.

(extracted from “Black Belt Tae Kwon Do” Yeon Hwan Park & Jon Gerrard 2000)

## **Quote for the month**

**“A creative man is motivated by the desire to achieve, not by the desire to beat others.”**

**~Ayn Rand**