

MORDIALLOC DOJANG



February 2010

www.mordiallocmartialarts.com

January' Grading Results

Jordan Johnson	Red 2 (cadet)
Justin Allsep	Red 1 (senior)
Matthew Georgiou	Yellow 2 (senior)
Daniel Plummer	Blue 2 (intermediate)
Quinn Carter	Yellow 1 (junior)

January has not been as quiet as in previous years. Good class numbers have shown how serious many of our student takes their martial arts and used the holiday break to improve their skills and work towards their next grading.

Daniel Plummer (Blue 2) and Quinn Carter (yellow 1) have taken advantage of the acceleration program to already progress one belt or bar. Both boys will grade again in February/March.

Interestingly our two 2009 award winners, Senior student of the year, Justin Allsep and Junior student of the year, Jordan Johnson both graded to Red belts in January . Jordan to Red 2, one grading away from ChoDanBo.

January has seen an influx of new students with 12 taking up taekwondo already this year. The pleasing aspect is that 8 of those are adults. What will February bring.

Family Affair

Father and daughter, Craig and Lucy Heath both achieved High Distinctions for their grading's in December. Young Lucy's high kicks have benefited from her dance classes but she has a strong will to do her best and not give up. Craig has gone from strength to strength and this shouldn't be the last High Distinction he will get. With Lucy's twin brother Angus also a yellow belt and mum Carrie starting this year, we have a strong family tie. There are two more young Heath's getting ready to start, so in a couple of years it will be truly a family affair.



Craig Heath



Lucy Heath

Quote for the month

"Ability is what you're capable of doing.

Motivation determines what you do.

Attitude determines how well you

do it." Lou Holtz

Tee Shirts for Summer

Our Tee Shirts are walking out the door. The hot days are not finished, so get one before your size is gone. Price is \$20 each.



“Hoody’s” now available

The first order for our Flying Dragon Black Hoody’s. are soon to be placed. If you would like one before the cooler weather comes in, order now. We have trial sizes to try on. Cost is \$50



Shin & Insteps in stock

Shin & Insteps protect the feet and shins during sparring and are an important part of our equipment as we rise higher in the ranks. As sparring get more intense S&I are vital. Now in stock \$30 per pair.

New Classes for 2010

Saturday Taekwondo and Kickboxing.

12.30pm Taekwondo (adults)

1.30pm Kickboxing

Do one or do the other or do both. These are Adult beginner classes aimed at the people to busy to get to a class during the week. Leave the kids at home with the other half and do something for your self. Get some fitness, learn some self defence and get a whole new perspective on life. Never to old to start something that could be a whole new beginning for your self.

Morning Kick Boxing Classes. We have a number of requests for morning Kickboxing classes other than a Friday. Monday and Wednesday have been suggested at 9 or 9.30am. If we get enough interested we would certainly consider to idea.

The sticks class has been moved from Wednesday to Thursday at 8pm
A further adult/kids class has been added to Thursdays at 4pm.

Time Table

4pm Mum’s, Dad’s & Kids

TaeKwonDo (Monday & Thursday)

5pm Kids TaeKwonDo

(Monday & Thursday)

6pm Adults TaeKwonDo

(Monday & Thursday)

7pm Ladies KickBoxing

(Monday & Thursday)

8pm Adults TaeKwonDo

(Monday & Thursday)

8pm Men’s KickBoxing

(Monday only)

8pm Filipino Sticks

(Thursday)

9.30am Mum’s Kickboxing

(Friday morning)

5.30pm Family Kickboxing

(Friday evening)

12.30pm Adults TaeKwonDo

(Saturday)

1.30pm Kickboxing

(Saturday)

10am Filipino Sticks

(Sunday) East Bentleigh Location