



Thanks for an amazing 2018.....See you all in 2019!

## 2018 – A REVIEW



2018 was great year around the club, with all students making improvements in their skills.

It was fantastic to see a number of students attain their Black Belt but, just as importantly, all of our Coloured Belt students attain new levels (and belts), as well as a number of new students begin their journey with us!

In the middle of the year, we instigated a new weekly session plan, with students focusing on only 2 skill areas each session (not 3 as previously done). We also added the Pre-grading Assessment week and emailed Student Assessments so that students could practice the skills that needed “a bit more work” at home before gradings.

We think this has been a successful change to our classes, but also feel that our classes mostly focus on “getting ready for gradings” and not necessarily exploring techniques to their fullest or understanding how each technique can be used in a Self Defence situation.

To counter this, we will be making some changes to when our gradings are run each year. More on that later!

Our classes in 2018 continued to grow, so we have decided to make some changes to the Timetable to better accommodate all of our students and to make sure that the Instructor/Student ratio is better, especially to our Junior Beginner & Yellow Belt classes and our Red Belt Classes. It's our first major Timetable change in years, but it's for the better! Again, more on that later.

We are pleased to announce that after a very successful run in January 2018, our popular “GRADE UP! - School Holiday Program” will be running again in January 2019. This two week intensive program has students training 90 minutes a day, Monday – Friday, for two weeks, with some students being able to grade at the end of it! There is a flyer attached to this newsletter with more information. Book your place NOW!

On a personal note, Mark would like to thanks each and every Instructor who helps out at the club each week, our coloured belt Assistants and all of the fill in Instructors who have all **volunteered** their time at the club to help each and every student be their best and achieve their goals.

The club simply would not be able to run as it does, with such a full timetable, without the dedication of these wonder people. Special thanks to those Instructors who juggled Year 12 and teaching for most of the year!

We hope you all have an amazing Christmas & New Year period and we look forward to seeing you all back in 2019 to continue your Taekwondo journey!

## 2019 – Three Gradings per Year

At Melbourne Taekwondo Centre – Diamond Valley, we understand that, to students, gradings are a big factor in continuing training.....the journey to Black Belt and beyond! The “reward” for all of their training is something to be celebrated, but, as Instructors, our goal is also to ensure that our students, train to be their “best selves” and can realistically defend themselves if ever the need arises.

With that in mind, we have decided to go from having 4 gradings per year (at the end of each school term) to 3 gradings per year.

Our thoughts behind this come from watching our students train to grade rather than train to really improve and understand the skills they are performing.

Again, we understand students wanting to grade as often as possible, but we also want them to build a solid foundation of skills that we can hone, develop and improve over their Taekwondo journey.

With this change to our grading schedule, students will now have a 13 week training period, up from 10 weeks currently, to train, practice and improve their skills, as well as to have time in class to explore the skills further, or to perform certain training drills to improve their techniques, strength & flexibility, as well as have some FUN in class!

We see this change as a very positive one that will benefit our students immensely.

We feel the most important benefit is the students getting to take the pressure off themselves to have to grade every 9 – 10 weeks. Realistically, this is quite quick for the majority of our students and we feel that while our students are earning their gradings, their knowledge retention is suffering.

Students will now have 9 weeks of training before their Pre-Grading Assessments, 3 weeks more than in 2018, with a further 3 weeks of training before gradings take place. Terms will still start & finish as usual, however, gradings won't be at the end of every term.

We know that students spending more time getting to understand their techniques, how they are used, the targets we strike with them and the correct time to use them, will vastly improve not only the technique itself, but the student's overall knowledge of Taekwondo and their own sense of “self”.

On the page opposite is a proposed breakdown of next year, including Term start and finish dates, public holidays, our **proposed** Pre-Grading Assessment dates and our **proposed** Grading dates. These last two are currently subject to change. Feel free to chat to Mark about any of these changes.



# 2019 – TERM DATES & IMPORTANT DATES

<b>School Holiday Program (Week 1)</b>	<b>Monday 14<sup>th</sup> January – Friday 18<sup>th</sup> January</b>	
<b>School Holiday Program (Week 2)</b>	<b>Monday 21<sup>st</sup> January – Friday 25<sup>th</sup> January</b>	
Term 1 Begins	Tuesday 29 <sup>th</sup> January	
<b>Fun Week!</b>	<b>29<sup>th</sup>, 30<sup>th</sup> 31<sup>st</sup> January</b>	
<b>Labour Day</b>	<b>Monday 11<sup>th</sup> March</b>	<b>NO TRAINING</b>
<b>1<sup>st</sup> Pre-Grading Assessment Week</b>	<b>1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> &amp; 4<sup>th</sup> April</b>	
Term 1 Ends	Friday 5 <sup>th</sup> April	
Term 2 Begins	Tuesday 23 <sup>rd</sup> April	
<b>ANZAC Day</b>	<b>Thursday 25<sup>th</sup> April</b>	<b>NO TRAINING</b>
<b>1<sup>st</sup> Grading of 2019</b>	<b>Friday 10<sup>th</sup> May</b>	
<b>Grading Presentation &amp; Fun Week!</b>	<b>13<sup>th</sup>, 14<sup>th</sup>, 15<sup>th</sup> &amp; 16<sup>th</sup> May</b>	
<b>Queen's Birthday</b>	<b>Monday 10<sup>th</sup> June</b>	<b>NO TRAINING</b>
Term 2 Ends	28 <sup>th</sup> June	
Term 3 Begins	Monday 15 <sup>th</sup> July	
<b>2<sup>nd</sup> Pre-Grading Assessment Week</b>	<b>5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> &amp; 8<sup>th</sup> August</b>	
<b>2<sup>nd</sup> Grading of 2019</b>	<b>Friday 30<sup>th</sup> August</b>	
<b>Grading Presentation &amp; Fun Week!</b>	<b>2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> &amp; 5<sup>th</sup> September</b>	
Term 3 Ends	Friday 20 <sup>th</sup> September	
Term 4 Begins	Monday 7 <sup>th</sup> October	
<b>Melbourne Cup Day</b>	<b>Tuesday 5<sup>th</sup> November</b>	<b>NO TRAINING</b>
<b>3<sup>rd</sup> Pre-Grading Assessments</b>	<b>25<sup>th</sup>, 26<sup>th</sup>, 27<sup>th</sup> &amp; 28<sup>th</sup> November</b>	
<b>3<sup>rd</sup> Grading of 2019</b>	<b>Friday 20<sup>th</sup> December</b>	
Term 4 Ends	Friday 20 <sup>th</sup> December	

**\*3<sup>rd</sup> Grading Presentation & Fun Week will be in the first week back for 2020!**

## 2019 - TERM 1 TIMETABLE CHANGES

With the increase in Junior Beginners in 2018, especially on Monday nights, we have found it hard to accommodate all of these students, as well as being able to offer two nights of training to everyone in Term 4.

We have also seen a large number of students attain their Red Belt this year, which has seen the Red Belt Class grow to a rather large number!

With this in mind, we are looking to separate some of our bigger classes into more manageable, smaller groups, in an effort have better student/instructor ratios and provide better training to all students.

We will also be changing times for many of our Monday & Wednesday classes, with there being a 15 minute overlap between classes, where a class will be finishing up their lesson, while the next class warms up.

Here are some of the bigger changes to our Timetable for Term 1, 2019:

Our current 4:00pm Junior Beginner & Yellow Belt class on Mondays and Wednesdays will be split into two classes:

4:00pm – 5:00pm	Junior Beginners & Yellow 1 & 2	Monday & Wednesday
4:45pm – 5:45pm	Junior Yellow 3, 4, 5 & 6	Monday & Wednesday

Junior Blue Belts Begin at 5:30pm and finish at 6:30pm, instead of starting at 5:00pm and finishing at 6:00pm.

Our Red Belts and Senior Beginner, Yellow & Blue Belts have some big changes, with both times and, for the Junior Red 1 & 2's, days:

6:15pm – 7:30pm	Senior Beginner, Yellow Belts & Blue 1 & 2	Monday & Wednesday
7:15pm – 8:30pm	Senior Blue 3, Red 1 & 2 and All Red Belt 3	Monday & Wednesday
<b>5:30pm – 6:45pm</b>	<b>Junior Red 1 &amp; 2</b>	<b>Tuesday &amp; Thursday</b>

Even our Black Belts will have a change to their classes, which will be advertised after the end of the year.

Peewees, no major changes for you, with the exception of Yellow 2's training at 4:00pm instead of 4:45pm.

After a couple of terms with very little interest, we will be restarting our Sport Taekwondo Classes, which have also changed times and days.

A full copy of the timetable is on the next page of this newsletter.

Please understand that we have taken many things into consideration before making these timetable changes, our first major changes in a number of years.

If you have any questions or concerns, please contact Mark.

# 2019 - TERM 1 TIMETABLE

<i><b>Monday</b></i>	<i><b>Tuesday</b></i>	<i><b>Wednesday</b></i>	<i><b>Thursday</b></i>	<i><b>Friday</b></i>	<i><b>Saturday</b></i>
<b>MORNING CLASSES</b>					
<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>NO CLASSES</b>	<b>**9:30am**</b> <b>TAEKWONDO</b> <b>ALL AGES</b> <b>TECHNICAL SPORT</b> All Belts  <b>10:30am</b> <b>TAEKWONDO</b> <b>PARENTS &amp; KIDS</b> <b>NOT INCLUDED IN</b> <b>TERM FEES</b>
<b>AFTERNOON &amp; EVENING CLASSES</b>					
<b>4:00pm</b> <b>TAEKWONDO</b> <b>JUNIOR</b> Beginners & Yellow 1 & 2	<b>4:00pm</b> <b>TAEKWONDO</b> <b>PEEWEE</b> Beginner, Orange & Yellow 1 & 2	<b>4:00pm</b> <b>TAEKWONDO</b> <b>JUNIOR</b> Beginners & Yellow 1 & 2		<b>NO CLASSES</b>	<b>NO CLASSES</b>
<b>4:45pm</b> <b>TAEKWONDO</b> <b>JUNIOR</b> Yellow 3, 4, 5 & 6	<b>4:45pm</b> <b>TAEKWONDO</b> <b>PEEWEE</b> Yellow 3, 4, 5 & 6	<b>4:45pm</b> <b>TAEKWONDO</b> <b>JUNIOR</b> Yellow 3, 4, 5 & 6	<b>**4:30pm**</b> <b>TAEKWONDO</b> <b>MANIACS</b> <b>OLYMPIC SPORT</b> All Belts		
<b>5:30pm</b> <b>TAEKWONDO</b> <b>JUNIOR</b> Blue Belts	<b>5:30pm</b> <b>TAEKWONDO</b> <b>JUNIOR</b> Red 1 & 2	<b>5:30pm</b> <b>TAEKWONDO</b> <b>JUNIOR</b> Blue Belts	<b>5:30pm</b> <b>TAEKWONDO</b> <b>JUNIOR</b> Red 1 & 2		
<b>6:15pm</b> <b>TAEKWONDO</b> <b>SENIOR</b> Beginners, Yellow Belts & Blue 1 & 2	<b>6:30pm</b> <b>TAEKWONDO</b> <b>BLACK BELTS</b>	<b>6:15pm</b> <b>TAEKWONDO</b> <b>SENIOR</b> Beginners, Yellow Belts & Blue 1 & 2	<b>6:30pm</b> <b>TAEKWONDO</b> <b>BLACK BELTS</b>		
<b>7:15pm</b> <b>TAEKWONDO</b> <b>SENIOR</b> Blue 3, Red 1 & 2, ALL RED 3		<b>7:15pm</b> <b>TAEKWONDO</b> <b>SENIOR</b> Blue 3, Red 1 & 2, ALL RED 3			
<b>**8:30pm**</b> <b>TAEKWONDO</b> <b>SENIOR OLYMPIC</b> <b>SPORT</b> All Belts		<b>**8:30pm**</b> <b>TAEKWONDO</b> <b>STRENGTH &amp;</b> <b>CONDITIONING</b>			

## CLASS DURATIONS

PEEWEE (4-7 years)  
JUNIOR (8-12 years)  
SENIORS (13 +) and ALL RED BELTS  
BLACK BELTS

45 Minutes  
60 Minutes  
75 Minutes  
90 Minutes

STRENGTH & CONDITIONING  
TECHNICAL SPORT  
MANIACS OLYMPIC SPORT  
SENIOR OLYMPIC SPORT

75 Minutes  
60 Minutes  
60 Minutes  
60 Minutes



# 2019 – GRADE UP! SCHOOL HOLIDAY PROGRAM

## GRADE UP! SCHOOL HOLIDAY PROGRAM

**We're starting the year off with an opportunity for all of our students to do a term worth of training in only 2 WEEKS!**

Our popular "Grade Up!" School Holiday Program is on again and offers our students a chance to train in ten sessions over two weeks. At the end of the two weeks, students will be able to go for their next grading\* and start 2019 off a step ahead of where they finished 2018.

The ten, 90 minute sessions, will take place Monday to Friday over the two week period, in the morning and/or in the evening (depending on demand) and will include:

Warm up and Stretch

Fitness

Grading Work

Games/ Kicking Challenges/Physical Challenges

This type of intensive program helps students really change and improve their skills, as instructors are helping correct and improve movements every day. This constant repetition is the key to enhancing and evolving techniques, as well as remembering them.

What we are looking for is people who:

Are committed to training hard | Want to vastly improve their skills | Want to have some fun over the school holidays!

Estimated times for training would be (depending on demand): Mornings at 9:00am and/or Evenings at 6:00pm.

*You only need to come to one session per day.*

WHEN: Monday 14<sup>th</sup> January – Friday 18<sup>th</sup> January & Monday 21<sup>ST</sup> January – Friday 25<sup>th</sup> January

WHERE: MTC - Diamond Valley

COST: \$150 per student

\*\*\*\*\*SPECIAL \*\*\*\*\* \$25 per student for Grading if grading for a stripe only (Normally \$45)

\*\*\*\*\*SPECIAL \*\*\*\*\* \$35 per student for Grading if grading to a new belt colour (Normally \$55)

*Regular Grading Fees apply for any student grading for Black Belt or for Dan Gradings*

To be part of the program, please email Mark at [diamondvalley@taekwondo.com.au](mailto:diamondvalley@taekwondo.com.au) and register your interest by

**CLOSE OF BUSINESS, MONDAY 7<sup>th</sup> JANUARY**

***Please let us know if you would prefer to train in the MORNING or EVENING\*\*.***

\* Students must have completed at least 9 of the 10 classes and be deemed ready to grade by the Instructors in charge. Students training for Black Belt must complete all 10 classes and be deemed ready to grade by the Instructors in charge.

\*\* There is no guarantee that we will be running classes both Morning and Evening. Depending on numbers, and how many different grading groups we have, there may also be multiple classes in the Morning and/or Evening. Class times will be evaluated once we have final numbers.