



Making an Impact

ISSUE

01

2011



Important Dates 2011

Grading Dates 2011

Term 1 – Sat 9th April
Term 2 – Sat 25th June
Term 3 – Sat 17th Sept
Term 4 – Sat 17th Dec

Term Dates for 2011

Term 1 – Mon 31st Jan
Term 2 – Wed 27th April
Term 3 – Mon 18th Jul
Term 4 – Mon 10th Oct



BOOT CAMP Scheduled Programs:

2nd Jun – 30th Jun
18th Jul – 15th Aug
22nd Aug – 19th Sep
10th Oct – 7th Nov
21st Nov – 19th Dec

Don't miss it. Book Now!

NEW SPARRING INSTRUCTOR

It is with great pleasure to announce that **James Iriyadi** has joined our team as the new *Sports Taekwondo – Sparring Instructor*.

James, who is currently studying Year 12, has competed extensively for many years both nationally and internationally in sparring with great success.

James' experience in Taekwondo spans more than 10 years and his dedication to the sport of Taekwondo as well as health and fitness is paramount. James will run the Sport Taekwondo classes on Wednesdays.

If you are interested in learning the skill of Sparring in Taekwondo, please see Kwang Jang Nim (Phil), or Sabom Nim (James).



Revised Timetable for 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Bears Taekwondo 3-6yo 4.30pm to 5.15pm	FREE Trial Classes	Boot Camp 4 week program* 6.30am to 7.30am	Little Bears Taekwondo 3-6yo 4.30pm to 5.15pm	CLOSED	Boot Camp 4 week program* 8.00am to 9.00am
Junior (blue/red/black) Taekwondo 5.15pm to 6.00pm	Junior (white/yellow) Taekwondo 5.15pm to 6.00pm	Junior Sport Taekwondo 5.30pm to 6.15pm	Junior (all belt levels) Taekwondo 5.15pm to 6.00pm		Adults/Jnrs (red/black) Taekwondo 9.30am to 10.30am
Boot Camp 4 week program* 6.30pm to 7.30pm	Adults (all belt levels) Taekwondo 6.30pm to 7.30pm	Adult Sport Taekwondo 6.30pm to 7.30pm	Boot Camp 4 week program* 6.30pm to 7.30pm		
Adults (all belt levels) Taekwondo 7.45pm to 8.45pm		Strength Training 7.30pm to 8.00pm	Adults (all belt levels) Taekwondo 7.45pm to 8.45pm	The centre is closed during public and school holidays.	*Bookings are essential for Boot Camp

You can also find these changes on the website.

Student Profile



Name: Sarah Carbone

Age: 15

Rank: Cho Dan Bo

I started Taekwondo:

For fun and fitness.

I'm Proud of:

Having come this far already in Taekwondo.

Favourite Kick:

Spin Hook

My Hobbies:

Reading, playing guitar, and of course Taekwondo!

Best Subject:

English

Favourite Food:

Chicken

Favourite Team:

Collingwood

My Hero/s:

My Dad

My Goals:

To get my Black Belt this year.

My Pets:

2 dogs, a cat, and a school of fish

Hidden Talent:

Playing Guitar

...and the 2010 Trophy Awards go to...

Elijah Cordover

Most Improved Little Bear

Timothy Wee

Most Improved Junior Student

Sarah Carbone

Most Improved Senior Student

Cordover Family

Family of the Year

Lyall Lawson

Boot Camper of the Year

Terry Hermon

Student of the Year

CONGRATULATIONS!

Welcome to our newest Taekwondo Members:

Jessica	Rachel	Tyler	Lilliana	Larry	Stephanie
Amy	Jackson	Sacha	Samuel	Hannah	Tali
Will	Oscar	Zara	Isabella	Victor	Rory
Nikita	Sean	Leo	Janko	Peter	

Health Awareness Policy

In an effort to **avoid the spread of infection to students and instructors**, where possible, please excuse yourself or your child from training until you/they have made a full recovery from any of the following;

- ~ Flu / Cough / Runny Nose / Sneezing (associated with a Cold, Virus or Infection)
- ~ Papilloma Virus (feet)
- ~ Head Lice (& Nits)
- ~ Conjunctivitis (eyes)
- ~ Tinea (feet)

We thank you and appreciate your understanding and co-operation.



Boot Camp 4 Week Programs

Step into outdoor fitness military style! This cost effective form of group personal training will give you:

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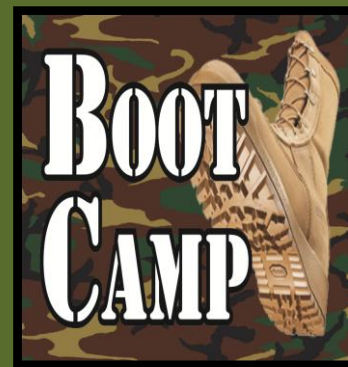
Sessions are held 4 times a week:

Monday 6:30pm Wednesday 6:30am

Thursday 6:30pm Saturday 8:00am

www.impactbootcamp.com.au

\$220 for new recruits and \$180 for returning recruits. **Only \$180 if you are a current Impact Taekwondo Member.** What are you waiting for Recruit, phone or email now to reserve your spot for the next Boot Camp.



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