



# Making an Impact

ISSUE

02

2011



## Important Dates...

LAST DAY TERM 4  
Thursday 15<sup>th</sup> Dec 2011

GRADING TERM 4  
Saturday 17<sup>th</sup> Dec 2011

### TERM DATES 2012

Term 1 – 2<sup>nd</sup> Feb-30<sup>th</sup> Mar  
Term 2 – 16<sup>th</sup> Apr-29<sup>th</sup> Jun  
Term 3 – 16<sup>th</sup> Jul-21<sup>st</sup> Sep  
Term 4 – 8<sup>th</sup> Oct-14<sup>th</sup> Dec

### GRADING DATES 2012

Term 1 – Sat 31<sup>st</sup> March  
Term 2 – Sat 23<sup>rd</sup> June  
Term 3 – Sat 22<sup>nd</sup> Sept  
Term 4 – Sat 15<sup>th</sup> Dec



21<sup>st</sup> Nov – 19<sup>th</sup> Dec  
30<sup>th</sup> Jan – 27<sup>th</sup> Feb  
5<sup>th</sup> Mar – 2<sup>nd</sup> Apr  
16<sup>th</sup> Apr – 14<sup>th</sup> May

**GET IN SHAPE  
NOW!**

## Wedding Bells for Alex & Mian

Two of our students, Alex and Mian, recently tied the knot in a beautiful ceremony in Parkville.

Alex, a Red Belt and Mian a Yellow Belt, have been training with Impact Taekwondo for nearly two years.

The happy couple pictured with Kwang Jang Nim, showing us their best kicking stance.

Congratulations to you both, may you spend a long and happy life together.



## Current Timetable - Term 4

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

You can also find the current timetable on the website.

[www.fitness4everyone.com.au](http://www.fitness4everyone.com.au)

## Student Profile



**Name:** Matt Brown  
**Age:** 21  
**Rank:** 2<sup>nd</sup> Gup

### **I started Taekwondo:**

To get fit and be able to defend myself if needed.

### **I'm Proud of:**

The discipline and focus I have achieved through Taekwondo.

### **Favourite Kick:**

Spin roundhouse

### **My Hobbies:**

Taekwondo, SCUBA diving and tennis.

### **Best Subject:**

Biology

### **Favourite Food:**

Thai green curry or chicken parmigiana

### **Favourite Team:**

Carlton

### **My Hero/s:**

David Attenborough:  
Because of his work with global warming and awareness of endangered species.

### **My Goals:**

Obtain 1st Dan Black Belt and help take classes. Also travel, skydiving, caving.

### **My Pets:**

4 cats, 3 dogs, 1 turtle and a dove (my house is pretty much a zoo!)

### **Hidden Talent:**

Song writing and getting injured!

# Book Now! Birthday Parties!

2-3 Qualified Instructors!  
Invitations supplied

All your favourite party games with a Taekwondo twist!

1.5 Hours of FUN!

## Welcome To Our New Taekwondo Members:

Oscar Lucy Daelle Mick Alessandra  
Marcel Trent Tegan Jacob Christopher

And welcome back to Brendan and Justin!

## Demonstration a success...

Recently we did a Taekwondo Demo at St Pauls Primary with great success!! A huge thank you to students Tim, Stephanie, Rachel, and Jackson as well as Sabom Nim Melinda and Sabom Nim James for helping us all look fantastic on the day! It was a lot to ask of those involved with extra training sessions, but it certainly paid off. The demo included examples of self defence, kicking techniques, poomse, and board breaking. Thank you also for the great support of the families of the students who participated, without whom this would not have been possible.

## Boot Camp 4 Week Programs

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

**Maximum Results. Minimum Time.**

Sessions are held 4 times a week:  
Monday 6:30pm Tuesday 6:30pm  
Thursday 6:30pm Saturday 8:00am

[www.impactbootcamp.com.au](http://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.



## Club T-Shirts \$18!

**EFTPOS**  
Now Available!



**Impact Taekwondo & Fitness**  
Group Fitness | Taekwondo | Personal Training

Level 1, 227 East Boundary Road, Bentleigh East  
Ph: 0417 010 171 e: [info@impacttaekwondo.com.au](mailto:info@impacttaekwondo.com.au)  
[www.fitness4everyone.com.au](http://www.fitness4everyone.com.au)

