



10th Anniversary Edition

September 2009

It's our 10 Year Anniversary!

Special Interest Articles:

- Club Beginnings
- Class of 2009 – some parent comments
- Geoff Hutchinson interview

It's a personal honour and a thrill to have had my club for 10 years. To witness students grow and develop before me – both physically and mentally. And to see people receive some benefit in various ways. But also, I am fortunate to have

had personal growth and development out of it too. It has, and continues to be, an important part of my life.

I must sincerely thank you, the parent, and you, the faithful student, for being a most vital part of making up the club what it is today.



My son Aaron (now 22 and bigger than me) and I after a training session at Oakleigh

Dingley Club Beginnings

How did the club start?

When my kids were attending St Marks, the school requested parents to volunteer an 8 week program of a sport they were interested in. I was an avid Martial Arts devotee so thought I could help introduce others to Tae Kwon Do. With some advice from Geoff (Head Instructor) and not much else, I gave it a go.

Did you enjoy this trial class and was it successful?

Well, it was interesting and I did learn a lot even in this short time. Was so much different instructing when you don't have someone else's club or other instructors to fall back on. But all the kids stuck to the end of the 8 weeks so it cant have been too bad. Around 50% of this group formed the new Thursday night Dingley Nutaofit Club back in September 1999.

Did you enjoy establishing this new club?

At first it was very exciting to put it all together and make it all happen – but how quickly the gloss wore off that. I thought I knew what I was doing when I was helping Geoff run the classes, and by then I was First Dan and had a few years of training. But I really had a lot to learn.

I'll just say, the first year was *very* challenging. The Club became a very expensive hobby(although it never was, and never has been, about the money), and I certainly went through a 'baptism of fire' as I completed a Club Head Instructor 'Aprentiship'.

I knew the kids were enjoying the class and that encouraged me to persist. The kids back then certainly took me to the edge of my patience on many occasions.

But of course, it wasn't

about the kids. Kids, just like adults in everyday life, will follow the tone that *you* set.

It wasn't until I really developed some structure and methodology that I really started to get something back from the class. And of course, to be honest, my stubbornness and pride helped keep me going.

With a bit more experience gained over the first year or so I really started to enjoy Thursday nights and other aspects that I had no idea about before I started - such as the satisfaction of seeing kids develop and family club interaction.





“...some of the benefits of martial arts and that is an inner confidence and mental strength that these children will carry with them through their lives.”

Having personally experienced the benefits of martial arts, it was always my intention to have my boys train in one of the many disciplines that are available, and believe me there are plenty. A friend of mine who is extremely knowledgeable in this field advised Taekwondo would be the best discipline for children due to the very structured syllabus that is adhered to. In today’s ever increasing violent society I believe it is of serious concern as a parent that the safety of our children is no longer something that can be ignored nor always in our control, whether that be in the school yard or at the local milk bar.

Through training, our children are not trained to be street fighters or a menace to the public. In fact, in my experience, martial artists as a whole are very peaceful and non-aggressive people. This I believe, comes from some of the benefits of martial arts and that is an inner confidence and mental strength that these children will carry with them through their lives.

I believe these children are more likely to have the tools required to deal with confrontational situations such as bullying at school, peer pressure and many other situations that we know are now a part of our society.

I would dearly love to continue on for another two pages due to the fact that I haven’t even touched on the subject of fitness, discipline, enjoyment and social interaction. In closing I would like to thank Rob Mineo for providing this opportunity for all our children and even some of the old dads.

James Rodis

It has been amazing to see Jack's technique, commitment and discipline evolve. This has resulted in greater self esteem amongst his peers.

The club is a real credit to you!!!

McCarthy Family



It has been fantastic to see the improvement in Cody's technique in just 2 years.

He loves the sense of achievement when he goes up a level.

Cochrane Family

I think Ben has enjoyed the program immensely. His confidence has improved and he enjoys coming each week.

Collins Family



Interview with Kwan Jam Nim (Head Instructor) Geoff Hutchison

In 2008 Liam Considine conducted an interview with Mr Hutchison. Geoff was the founding instructor of Nutaofit many years ago. Many of you will have seen him at the Combined Club days that are held twice a year. He has been instrumental in training, encouraging and inspiring countless students over the years and is the most genuine Martial Artist I have ever known. He has moved with the times over the years and works hard always, with that indomitable passion of his, to refine, improve, add, take away techniques, on his constant Martial Arts journey. His lack of Martial Arts 'snobbery' has allowed him to be very fluid in his committed development and all the associated clubs of Nutaofit have benefited greatly from this.

Q. How long have you been involved in the Martial Arts?

A. 45 years.

A. Black Belt in all. Highest level 7th Dan.

A. In history to search for the dragon was to seek the unknown, so our name means: "To fly high whilst seeking the unknown."

Q. Which martial arts have you mastered ?

A. Judo, Jujitsu, Taekwondo, Hapkido, Kumdo (weapons), Kenpo.

Q. Do you prefer one form over another?

A. No, use a combination of all.

Q. Has Taekwondo helped you in everyday life?

Q. Who were your Instructors?

A. Mr. Kyusuk Chong, (Taekwondo, Hapkido) Mr. Monea (Kenpo)

Q. What are your favourite techniques?

A. Pressure point knockouts.

A. Yes, every day.

Q. What level have you achieved in these?

Q. What is the significance of the name "FLYING DRAGON?"

Q. Have training techniques changed over the years and do you think us kids get it easier nowadays?



Sabonim Jarred receiving Award for Special Recognition from Geoff , 2006



I'm often asked for a translation of the most commonly used phrases, terms and commands used in class. So here it is.

HEAD INSTRUCTOR	KwanJangNim	YELL	Kihap
INSTRUCTOR	Sabonim	AT EASE	Shiu
ATTENTION	Charyot	FRONT KICK	Ap Cha-gi
BOW	Kyong-nye	SIDE KICK	Yop Cha-gi
READY	Chun-bi	ROUNDHOUSE KICK	Doll-yo Cha-gi
BEGIN	Shi-jak	STANCE	Sogi
CONTINUE	Kae-sok	FREE SPARRING	Kyo-rogi
STOP	Kuman	SELF DEFENSE	Hosinsul

Term 4 2009 Calender

- *Don't forget to write in your diary:*

Christmas Presentation: Sunday December 6th

St James College 156-162 Bignell Road, East Bentleigh

Time 12 noon to 3pm

All students in uniform receive a trophy

- **Term 4 will be 10 weeks**
- **Important - please note: There will be no class on Thursday 10 December as I will be unavailable that day and cant guarantee a replacement instructor at this stage. However, the final grading of the year will be conducted at the East Bentleigh Club - Friday 11 December, 6pm**
- **The final lesson for the year will be the 18th December**

Final Note

The last 10 years have been an interesting, enjoyable and character building journey for me and I looked forward continuing this well into the future. I hope I have helped current and past students with their journeys.

Most of you know by now I am moving out of Dingley near the end of this year. I am simply moving to another suburb, not another state of Australia. So, rest assured, I will be happily continuing to develop the Dingley Club, train new students and sharpen the skills of the longer term students.

*Yours in Martial Arts,
Rob Mineo*

