

# MORDIALLOC DOJANG



## August 2009

### PLENTY OF NOTICE

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

**Christmas Presentation**

**Sunday December 6th**

**St James College**

**156-162 Bignell Road**

**East Benteigh**

**Time 12 noon to 3pm**

All students in uniform receive a trophy

### July's Grading Results

Sharn Wilkinson	Red 1 (cadet)
Gillian May	Yellow 1 (senior)
Wiebke Pahl	Brown 1 (senior)
Justine Fear	Yellow 2 (senior)

## Support Squad

Our junior classes are booming, with new students starting nearly every week. Although this is fantastic for the club to have so many commencing, it is difficult for the instructors to keep up the level of instruction all students have come to expect.

We are very fortunate at Mordialloc to have a band of dedicated students who come early every week and assist with the training of the young kids.

I cannot speak highly enough of this group and cannot express our gratitude for the effort that they put in. For this we recognized them all with a special Dragon

Badge and nicknamed them "the Support Squad"

Students like Blue belt Justin Allsep, who meets us at the door at 4 o'clock and then after his class finishes at 7pm, stays back and helps with the ladies kickboxing class as well.

Our two new Dragons, in Alister Johnson and nephew Jordan Johnson, loved to come early and do their own work, but now are important to us with their help in our ever growing Thursday 5 o'clock class.

Tamika and Shan Wilkinson come straight from school, change and get straight into helping. You cannot put a price on any of this help.

This is why Mordialloc has been the Club of the Year, seven out of the last ten years. This is why Mordialloc is booming and will continue to be successful. This is what Martial Arts is all about.

Thank you "Support Squad"

### The "Support Squad."



L-R Jordan Johnson, Shan Wilkinson, Tamika Wilkinson, Alister Johnson, Justin Allsep.

# The Kilo Club

The *Kilo Club* concept is booming. We are currently in the middle of KC5 with 6 & 7 starting early August. There have been some fantastic performances to date.

Adam from KC1, who is doing his second *Kilo Club* has lost over 10 kg and is below 90kg now. In our mums KC2, two mums lost nearly 7 kg each and are back for more. And how good is word of mouth. This month we have a group starting who we haven't met yet. From a current participant, her friend has seen the results and decided to get a group together and get into it. I'm told, one lady is coming from Roweville!. So any one out there can do this. Get your own group of six together or put your name down to join a group and lose some unwanted kilos before spring comes. Contact David ASAP

## The Value of Martial Arts

By Julianne Miller

(Proud mum of Junior Black Belt Jack Miller)

Even before we had children, my husband and I knew that the benefits of Tae Kwon Do would be fabulous for children. We had heard from many parents and also read of the benefits of Tae Kwon Do. The evidence had said that it can give children a focus, self discipline, fitness and above all, respect for others.

We enrolled Jack when he was towards the end of his kindergarten year, he was 5 yrs old. He was the sort of child that had heaps of energy and unless it was channeled in the right direction he could get up to mischief. David, Greg and Stephen did need to spend half the class telling Jack and some of his mates to keep quiet and follow instructions. I don't think David held much hope of Jack becoming a seasoned Martial Artist. Jack just enjoyed mucking around with the other kids.

Jack enjoyed the classes when he first joined but then after about 12-18 months he said he did not want to go anymore. My husband and I made a rule that Jack could play whatever other sport he wanted whether it was Basketball, Milo Cricket or something else, but he had to stick at Tae Kwon Do for now. We both knew that we would see results with Jack and part of the self discipline and values that you learn at this sport is the long term commitment and sticking at it for a long time not just for 1 or

2 terms. Sure kids can try out different sports and see what they like but with Martial Arts we knew it was a longer term commitment, more than a footy or cricket season.

Our second son Charlie is at the exact point Jack was a few years ago, he has earned a few belts but is now saying some Monday nights he doesn't want to go. Once he is there, he has a ball. We have the same rule for Charlie, Tae Kwon Do all through the year but he can choose his other sport himself.

Some of the benefits we have seen with Jack over the past 5 years are amazing. Jack is one of the kids who wont score any goals at Soccer or may not make the School swimming squad etc. but he is now a Junior Black Belt and that is "his thing" he can be proud of. Jack was the first Junior Black Belt at Mordialloc because of his commitment and dedication. Even on Public Holidays and School Holidays he goes along happy to put in every week. He is now a very mature 10 year old boy whom takes his Tae Kwon Do very seriously and his school work seriously as well now. He really settled down well at school very quickly and I think that Tae Kwon Do had a lot to do with that.

Jack's friends are in awe of him because he is a junior black belt, and there are people at the club who inspire Jack, like Johnny Slocombe. Jack is hoping he may be able to match his record and be the youngest to reach an Adult Black Belt in a few years.

So as parents of three children we would highly recommend Tae Kwon Do for kids, it has heaps of benefits for children and they get a lot of fun out of it.



Quote for the month "If you think you can or you think you can't . . your right!" Unknown