



## QUARTERLY NEWSLETTER

### **Year to date**

From a student number perspective this year has been a little disappointing. The club has lost some long term students which is sad but I wish all of them all the best for the future hoping we see them return to continue their martial arts journey.

On a positive note I must congratulate Dai Sempai Steven Loison and Dai Sempai Scott Curran on their recent 2<sup>nd</sup> dan grading on the 27<sup>th</sup> August in Melbourne. Both represented our club proudly in what is the toughest grading in our system. Well done and we can all look forward to you both taking on more teaching as you prepare for 3<sup>rd</sup> dan in three years time.

On the 23<sup>rd</sup> September we finished off the term with colour belt gradings for junior, intermediate and senior levels. The night was a success and I was pleased with the efforts of each student who participated. We have a new group of brown belts and if you all continue to train hard the club could see up to 12 new black belts in the not too distant future.

### **What lies ahead?**

We are moving into the final term of 2011 and we have students who did not grade in September preparing for the end of year grading. I am excited for Jackson and Haydn who are preparing for their junior Shodan Ho and for Karen who will attempt her senior 2<sup>nd</sup> degree. The time will go quickly and training hard now will ensure you are in the best physical shape for your big night.

There are plenty of people at the club willing to help you so please ask for any help you need whether it is fitness work, forms, theory applications or simply attitudinal.

### **Training tips**

For those who want to do extra training away from the club here is a little interval training session that I used to get Dai Sempai Steve and Scott ready for 2<sup>nd</sup> Degree.

Split squats – 10 each leg  
Shuttle run

Rotational push-ups – 8 each way  
Shuttle run

Starts – 1x20  
Shuttle run

Burpees – 1x10  
Shuttle run

Military push-ups – 1x15  
Shuttle run

Russian twists – 1x25  
Shuttle run

Backwards lunges – 10-each leg  
Shuttle run

Lateral lunges – 10 each leg  
Shuttle run

Reverse crunches – 1x20  
Shuttle run

1 Leg squats – 10 each leg

You complete the full set 3 times with a 2 minute rest between each set

### **Hydration**

The human body requires 2.5 litres of water per day under normal circumstances. When you exercise you can lose up to 1 litre of fluid per hour. It is important to maintain regular fluid intake during training sessions.

### **New webpage**

Please look at the recently upgraded webpage and give us feedback on the layout. It is our hope that you find it easier to get the information you need.

That is all I have for now until the end of year edition. Please train hard and remember that we want you all to be the best person you can be.

Kyoshi Graeme