



CABOOLTURE & REDCLIFFE - PCYC

GO RIN POU JU JITSU

News Letter

2011 VOL 3

CHRISTMAS BREAK SPECIAL

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Last Lessons for 2011

Redcliffe Monday 12th December

Cabootlure Tuesday 13th December

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Red Certificates Winners will be presented at the last lesson only (for each dojo). You need to be there in person with your certificates to get the trophy.

Shihan Tom will be do the presentations at both the Cabootlure Dojo and Redcliffe Dojos.

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First lesson back 2012

Cabootlure Tuesday 10th January

Redcliffe Monday 16th January

Friday nights at Cabootlure will be on an ad hoc basis until the next newsletter Feb March 2012. You will be able to see if we are training or not on Fridays by logging into our Facebook page however it is unlikely that we will be doing a long more from now until 2nd week back in January 2012

Over the holiday period, students from either school are welcome to attend either locations if you are not able to attend on the day that your school is open or if your school is closed when you are able to attend JUST TURN UP – YOU WILL BE WELCOMED !

What to practice on holidays

1. Happukan Kata
2. Practice writing Go Rin Pou Ju Jitsu in Japanese. Anyone who can write it without copying, we will give you your name spelt in Japanese.
3. Name every part of a Japanese sword, the katana. You will need to do some research for this. Hand draw your own diagram and label the parts. Hand in your project on the first night back (only) in 2012 and the best judged project will win 3 red certificates.

Christmas Party: Sunday 11th December 2011 2pm to Dinner?(6-7 ish).

PLACE: Lions Park Boyd St Woorim, Bribie Island, between Murray and Benny Streets. (Surf side, South of Surf Life Saving Club)

FOOD Provided snag on a roll + salads, nibbles soft drink and water. All cups plates etc supplied. Bring a plate of whatever your speciality is. Check with Angela 1st so we don't double up. \$7 for members and non members. If you have paid your training fees at Cabootlure you have already paid. Littlies \$3. If you want extra meat or something different to sausages, BYO. can bring some extra meat.

GAMES: We are thinking of brining mats to play newaza or some Ju Jitsu games eg sock wrestling . Do not bring your gi. We will bring some jackets and belts. Nothing too rough, no throws or sparring!

DRESS beach / casual / ready for a swim. Unfortunately there is likely to be water bombs (again) so bring a change of cloths (no gi)

BRING towel, (the beach is right next to us) Picnic blankets if you have one, Deck chairs Drinks if other than water or soft drinks required.

RSVP txt Peter **0405318 449** before Saturday 18th December. (if it is raining we will change location and txt everyone)

PLEASE RSVP SO WE CAN CATER

Weapons etc - if you want any weapons or martial arts supplies, order from Peter. We charge cost price. You wont get a cheaper price online and you wont get better quality anywhere. We don't make money out of this, we just like to see our members get good gear at the best price. We can order your Gis too!. Also, any copies of anything off the notice board or back copies of newsletters – See Peter

Thinking of doing some Training at home? DON'T!

Practice one or two of your katas every day ! You will be amazed how much faster you will get to your grading ! **DON'T do hard techniques at home.** You do not have an instructor to help you out or give first aid if your uke cops it !!!!

GO-RIN-POU

GOES WWWW

We have a facebook group. We will be posting our upcoming events and photos there.

The address is:

www.facebook.com/groups/gorinpou

It is a private group. No one can see its contents unless they are a member. If you want to join, press the request to join button and one of the admins will make you a member. You will need a facebook account first. Juniors you will need your parents permission and if juniors don't have an account your parents can join instead.

There is an email address too:

gorinpou@groups.facebook.com anyone who sends an email to that address goes to everyone in the group.

There is heaps of good info on the page and all of our events, dates, updates, photos, and more.

COACHING QUALIFICATIONS

Starting 2012, all Yellow Belt and up must have a senior first aid certificate and all blue belt and up are required to have their level 1 coaching qualification. You will not be allowed to grade past blue belt until you have it.

Anyone else who wants to do it can do it also.

It is free. It is online. If you need help, just ask.

It will take a few hours, quite a few of us have done it already. If you already have a higher qualification, you are exempt.

For the coaching qualification Go to :

www.ausport.gov.au/participating/coaches/education/onlinecoach

Print out your own certificate.

TERM TRAINING FEES

There are 9 Tuesday nights in the 2nd term , 12 in the 3rd , and 13 in the 4th term, not including the break up. So your term fees are :

Term 1 \$91
Term 2 \$84
Term 3 \$91
Term 4 \$77

- If you are starting part of the way through the term, we will pro rata it for you.
- If you are due a discount for bringing new members, please remind Peter or you may still get a bill!
- The term includes the holidays straight after the term. Fees are refundable if you don't turn up, deductible from the next term, but they must be paid at the beginning of the term



Club Uniforms

Most sizes in stock as of NOW.

Shirt	Jnr \$35	Snr M or F \$39
Jacket	Jnr \$59	Snr \$65
Hat	\$19	
Bag	\$49	
Kit	Jnr \$149	Snr \$159

Track pants available on order j\$45 s\$50

Old Style is still good! Black t-shirt with two red stripes down the outside of the arm.

Sorry Folks, we had to put the price of gis up to \$120 for size 4 +. We held those prices for 8 years but we are losing too much now.

Don't forget, we run this club on cost price to keep costs down for participants



Badges \$10.
Green belts up must Be
AJJA members
Brown Belt Up must be
WJF Members

Weekly lessons often build on each other. A large portion of our art is taught in "building block" parts. If you miss a section, we will always get back around to it but it will slow your learning until we do. If you ignore your art for a day, it will ignore you for 2. The simple facts are, that if you cant get to training for at least 3 times a month, you are going to miss too many bits of the system. The next lesson after you missed one wont be quite as effective, if you miss 2 in a row, you will lose quite a lot of momentum in your learning. This is not the end of the world. You can still catch up, but don't expect to be grading as often as you club mates that put 100% in to it and turn up every single lesson.

AJJA National Seminar

We are going to the anual AJJA conference in Sydney 2012. express your interest early. We have found that if you leave it to June or after to commit, you don get there. The seminar is likely to be held on the 22nd and 23rd of October held at Olympic Park Judo Dojo,

Important Dates and Notes

Tell your friends, first lesson is still free for beginners. PCYC membership is still mandatory & is due to be fully paid on second lesson (so if you have not paid your full membership, yet, you will need to pay the PCYC part on the second lesson. Students will not be allowed to participate unless you have your forms and payments up to date
An approved Gi & all other memberships are now due after the 3rd lesson.

Training Times

CABOOLTURE - Tuesday:

- ☐ Juniors 6:00 pm – 7:00
- ☐ Seniors 7:00 pm – 8:30 pm

Ju-Jitsu Lessons are every Tuesday now officially including School Holidays (unless advised)

Members can train at PCYC Redcliffe at any time they want. The cost is \$9 per lesson, pay at the door. You must take your PCYC card with you. **YOU DO NOT NEED TO JOIN THERE TOO!** Sessions are on Monday nights excluding School holidays and public holidays. Shihan Bellamy will always welcome you.

REDCLIFFE - Monday:

- ☐ Juniors & Seniors 7:00 pm – 8pm

Everyone is welcome – just turn up.
If you get there early help put the mats out

CABOOLTURE - Friday: Dates TBA

- ☐ 6:30 pm – 8:30

MEMBERSHIP FEES

Renewing members, your memberships are now DUE on the anniversary or immediately after your 3rd lesson if you were not financial last year. We have not put these fees up for 5 years.

Memberships	1st Year*	Renewal
Senior Student	\$165	\$ 65
Instructor		\$ 65
Junior Student	\$165	\$ 65
Junior Dragon Cub	\$145	\$ 45

*1st Year Includes \$90 towards approved Gi for Students. **Extra badges \$10 **Extra curriculums \$12

Fees include PCYC but not gradings or seminars. This fee is the same each year & covers GRP, AJJA, curriculum & curriculum updates, handouts & badges

The Stripes are not an optional decoration. They are there for good reasons

Grading Fees are \$25 Seniors, \$20 Juniors (Expect to grade 1 to 3 times per year). Your new belt is NOT included (if required - eg juniors use same belt with a different tip) \$5 dragons & approx \$10 for seniors. Seniors, if you recycle your belt and take a recycled one, it is free!

Please update your curriculum.
See Peter

IMPORTANT:

PCYC has a new system. You must have your PCYC card with you to get into any other PCYC. You must sign in to our role every lesson.

