

CABOOLTURE | REDCLIFFE | BRIBIE

GO RIN POU JU JITSU

News Letter

2012 VOL 3

CHRISTMAS BREAK SPECIAL

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Last Lessons for 2012

Redcliffe Monday 10th December 2012
Cabootlure Tuesday 11th December 2012
Bribie Thursday 13th December 2012

First lesson back 2013

Cabootlure Tuesday 8th January 2013
Redcliffe Monday 14th January 2013
Bribie Thursday 17th January 2013

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 doing the presentations at both the Cabootlure Dojo and Redcliffe Dojos.

NEW DOJO

Bribie Dojo Dates for the rest of this year

Week	Date
Week 1	Thursday, 8 November 2012
Week 2	Thursday, 15 November 2012
Week 3	Thursday, 22 November 2012
Week 4	Thursday, 29 November 2012
Week 5	Thursday, 6 December 2012
Week 6	Thursday, 13 December 2012

Bribie Training times

Thursday:

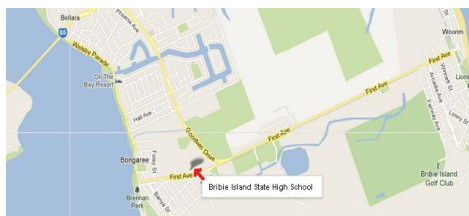
- ☐ Juniors (6yo-11) 6:30 pm - 7:30 pm
- ☐ Juniors (12yo-15yo) 6:30 pm - 7:30 pm
- ☐ Beginner Seniors 6:30 pm - 7:30 pm
- ☐ Advanced Seniors 7:00 pm - 8:00 pm

Advanced seniors warm up from 6:30 pm

Bribie Island State High School

Address: First Avenue, Bongaree QLD 4507

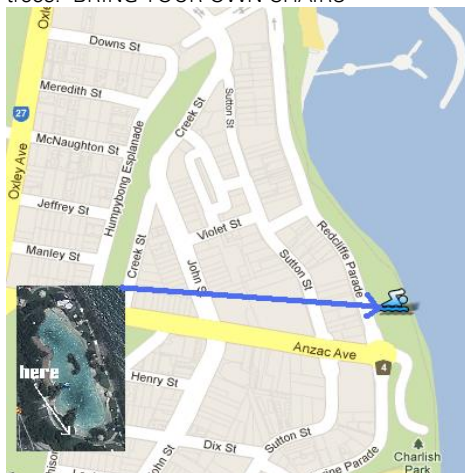
Stay on the main road when you come off the bridge, heading to the surf side. The last exit to the right just before Goodwin Drive turns sharp left toward the surf side is 1st Avenue. Turn right and the high school is 200 metres on the right. Enter through the 1st gate. (the most Easterly gate into the school grounds and follow the driveway toward the tennis courts. The Student Centre in the last building before the Tennis Courts. Park in the staff car-park.



Christmas Party: Sunday 9th December 2012

Breakfast? (8-9 ish) to lunch.

PLACE: Settlement Cove Lagoon, Redcliffe Parade Redcliffe. We will get to the site early and try to save a spot on the southern end in the trees. BRING YOUR OWN CHAIRS



FOOD Bacon & Eggs & Snags on a roll + salads, nibbles soft drink and water. All cups plates etc supplied. You can bring a plate of whatever your speciality is if you like but it is not mandatory. Check with Angela 1st so we don't double up. \$9 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 Bacon & Eggs or Snags please BYO. We will cook it for you.

GAMES: We will bring 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 will be no water bombs this year as it is a council facility. However bring a change of clothes just in case (no gi)

BRING towel, (the lagoon 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 0405 318 449 before Saturday 9th December. (if it is raining we will change location and txt everyone).

IMPORTANT

PLEASE LET US KNOW IF YOU ARE ATTENDING SO WE CAN CATER

www.gorinpou.com.au

ON THE WEB

The site is up and 97% finished. There is lots to see and read. The first time you go to our site, register as a member and send me an email & I will make you a registered "author". That means you can write your own articles and get access to areas that the public can not. The site has back copies of newsletters, current newsletters, links to our martial arts friend's sites, links to great research sites, Go Rin Pou History, Ju Jitsu History and much more.

There will not be many student photos or videos on the site. We will still use facebook for this as our facebook site is for members only and a safe place to share private club information.

The site also has price lists, training time and dojo locations and a great FAQ section. If you have any questions about Ju Jitsu, you can email them to me and I will put the answer on our site for everyone.

See if you can find our new site in google without typing the actual address or gorinpou. We have still have our facebook group for members only.. We will be posting our upcoming events and photos there. If you are a facebooker, make sure you 'request to join' The address is:

www.facebook.com/groups/gorinpou

Juniors you will need your parent's permission and if juniors don't have an account your parents can join instead.

Redcliffe Lagoon!



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. The coaching qualification 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

Caboolture Training Fees. Caboolture students will no longer pay per school term but they will still be able to pay for their training in advance. This is because the PCYC front desk is closed when we train. Redcliffe & Bribie students pay as they go. If Redcliffe students train at Caboolture or vice versa, they should pay the casual rate. Redcliffe & Bribie \$9. Caboolture also \$9 for club members, \$15 non members. Caboolture members can buy a prepaid pack and save money or pay the casual fee. Family packs can be shared among family members only.

10 pack	\$90
20 pack	\$160
40 pack	\$280
100 pack	\$600

New member, the first lesson is still free. Second lessons can be paid as a casual if you are still undecided but PCYC membership is required by the second lesson

Grading Fees are \$25 Seniors & 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!

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. We held those prices for 8 years but we are losing too much now. See the new price list in here and choose an appropriate gi for your weight and work rate.

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 WJFF Members

AJJA National Seminar

The dates for the next AJJA Sydney Seminar are expected to be: 12-13 October 2013.

The seminar will be held at Olympic Park Judo Dojo in Sydney. Find more information on :

<http://www.ajja.org/news-a-articles/seminar-information>

We stayed in an apartment this year and it was much more comfortable than a hotel. We plan to take a larger group next year and rent out several apartments. Apartments are cheaper to. Start saving now. If you want to go to the premiere Ju Jitsu seminar in Australia, this is it. It is well worth the effort.



Bring in your AJJA red books and all of your certificates. We will get your book updated with your gradings.

Bring a friend for free

Until the end of the year you can bring a friend (that has not been to Ju Jitsu before) to every lesson until the end of the year. Caboolture and Bribie only.

Want a second pair of gi pants? Order now - \$40

Wooden Iaito in stock Just in time for Christmas \$40 - 4 only
Kali sticks and kubatons available to order

If you are interested in the seminar below please let Peter know. If we get enough people I would like to send a delegation. There will be world class instructors there and you will learn lots.



North Queensland Ju Jitsu Academy Inc
invites you to

Martial Arts in the Tropics

Cairns - 4th & 5th May 2013

At one location two fantastic seminars:
JU JITSU & SHINKENDO

Our mid year seminar will feature:

- Some of Australia's leading Ju Jitsu + Shinkendo practitioners.
- Concurrent sessions so you can explore different aspects of martial arts.
- Learning focused workshops (depending on interest) including: Teaching kids under 10, Coaching groups with disabilities, club administration, self defence workshops.



Escape the cold and come to the tropics !

To register or for enquiries, please contact: mjja.sec@gmail.com
or follow us on Facebook: [Mareeba Ju Jitsu Academy](https://www.facebook.com/Mareeba-Ju-Jitsu-Academy)