

Dear Members

It seems, in the blink of an eye, half the year has already passed us by. The statement, "time flies when you're having fun" must hold some truth.

The first grading of the year ran smoothly, and we commend all those who took the punishment with grace, especially our Geelong members who travelled to Melbourne for the grading.

Our seminar, featuring Brazilian Jiu Jitsu instructor Rob Williams, was a success. Thankfully the only casualty on the day was Hanshi Shaun's gi pants. We had several requests to bring Rob back for a follow up seminar; this is being seriously considered.

No Gi Week, was much more than a casual clothes week. We hope it proved valuable for our members as well as being fun. Based on the feedback we've received, we have decided that it will be a permanent feature in our training... so yes, there will be more No Gi Weeks in future.

We also wish to remind you that No Gi Week came about due to a member's suggestion. You have a voice. If you speak up, we promise, the very least we do is listen.

Shihan Christian Oakley

Hanshi Shaun Brewster

News

CONSOLIDATING MELBOURNE CLUBS

After much thought and discussion, we have come to the conclusion that consolidating our Melbourne Clubs (Caulfield, Highett & Mt Waverley), is the best way forward.

In doing so, we hope to be able to:

- Offer more classes throughout the week at one consistent location.
- Offer members who train at the club access to both instructors' guidance and experience.
- Keep our operation costs manageable, and therefore not increase our fees.

We understand that this is a big step, which may also be a risky one. However, your loyalty and faith in us so far, have given us the confidence to proceed.

We have secured a new club at:

Chadstone Guides Hall
Ivanhoe Grove, Chadstone.

The Highett club is no longer operating, and we will also be closing the Caulfield and Mt Waverley clubs. The existing classes will operate from the new Chadstone club commencing from **Monday 10 July 2006**.

If you have any questions or concerns regarding this transition, please do not hesitate to discuss it with Chris or Shaun.

UPDATE ON CLASS TIMES

Effective as of 10 July 2006:

Altona	Wed 8 – 9:30pm (adults)
Bannockburn	Tue 4:30 – 5:30pm (kids) Tue 5:30 – 7pm (young adults)
Chadstone	Mon 5 – 6pm (kids) Mon 6:30 – 8pm (adults) Wed 5 – 6pm (kids) Wed 6:30 – 8pm (adults) Thu 8 – 9:30pm (adults)
Geelong	Tue 8 – 9:30pm (all ages) Thu 6:30 – 8pm (all ages)

Events

CHADSTONE CLUB OPEN DAY

We wish to hold an Open Day to launch the new Chadstone Club. A tentative date has been set for Sunday 16 July. It will be a free event where members will be encouraged to bring their family and friends along for a fun training day.

Invitations with more information will be handed out closer to the date.

KYU & WEAPONS GRADINGS

Our next grading dates are as follows:

Chadstone: Sat 5th Aug, 10am start. (tbc)

Geelong: Sun 6th Aug, 11am start.

You are required to register and pay the booking fee at least 2 weeks prior.

CAMP 2006

Dates: Fri 22nd Sep 6pm to Sun 24th Sep 2pm.

Location: Anglesea Recreation Camp
www.camps.ymca.org.au/html/html_anglesea.asp

Costs: \$170 per member (\$105 for spectators)

Inclusions: 2 night's accommodation, 5 meals, 13+ hours of training and an unforgettable time of your life.

Information, itinerary and application forms are available from your instructors NOW!

Challenge: Pushing your limits

This new challenge is about pushing yourself beyond what you believe you're capable of.

The challenge is to do:

10 consecutive push ups daily in week 1

20 consecutive push ups daily in week 2

30 consecutive push ups daily in week 3

40 consecutive push ups daily in week 4

50 consecutive push ups daily in week 5

Increase the number of push ups (i.e. 50 in week 1, and 100 in week 5), if you have a greater fitness level. Are you up for the challenge?

"The power of one is above all the power to believe in yourself, often beyond any ability you may have previously demonstrated. The mind is the athlete, the body is simply the means it uses to run faster or longer, jump higher, etc. First with the head, then with the heart, more than mixing brains with guts, it means thinking beyond the powers of normal concentration and daring your courage to follow your thoughts."

Bryce Courtenay - The Power of One

Inspiration: Rosa Parks

Nominated by Cindy Chong



Living in a society with deep prejudices, so much so, that people of different colour were kept segregated on public buses, Rosa Parks was one person.

On December 1st 1955, in Montgomery Alabama USA, Rosa Parks, a black seamstress, had the audacity to refuse to relinquish her seat to a white man and move to the back of the bus. Her subsequent arrest and trial for this act of civil disobedience triggered the Montgomery Bus Boycott, one of the largest and most successful mass movements against racial segregation in history, and launched Martin Luther King Jr, one of the organisers of the boycott, to the forefront of the civil rights movement. Her role in American history earned her an iconic status in American culture, and her actions have left an enduring legacy for civil rights movements around the world.

One moment, one person, made all the difference.

Other resources on Rosa Parks:

- Rosa Parks Story starring Angela Bassett.
- Rosa Parks by Rosa Parks.
- I am Rosa Parks by Rosa Parks.
- Quiet Strength by Rosa Parks.
- Dear Mrs. Parks: a dialogue with today's youth by Rosa Parks.
- A Picture Book of Rosa Parks by David A. Adler.
- Rosa Parks by Douglas G. Brinkley

If you wish to nominate a phenomenal person, please send an email to isseiryu@hotmail.com