

Dear Members

It may be October, but the year's not over yet and we're not easing up. We intend to keep you training hard right up until the last class.

The process of consolidating our Melbourne clubs has been smooth, due to your continued support. We have settled into our new Chadstone club, and we look forward to building a stronger future.

We are grateful to be on this journey with you. You have been the greatest of company.

Shihan Christian Oakley

Hanshi Shaun Brewster

News

CAMP 2006

Our first camp, and what a blast! From the feedback we've been getting, the rope courses seem to be most people's highlight, although the food is a close contender. Recapping on some camp moments:

- We abandoned the campfire on the first night for a game of anything-goes basketball.
- Before the crack of dawn on Saturday, 9 out of 12 participants showed up for 'killing time' with Shaun. On Sunday morning, despite threatening a no show the previous night, 7 participants took part in killing time with Chris. Big pats on backs to those who took up the challenge.
- The rope courses taught us much about team work, trust, conquering fears and believing in each other. We were even able to coax the attending parents to give it a go.
- The gruelling beach exercise turned out to be a marathon session as it was much tougher than we anticipated. Yet, you persevered without complaints.
- We didn't end up holding our planned theory session on Sat night, because we lost so many members to sleep and exhaustion.
- Our nominated movie "Shaolin Soccer" had to be watched without subtitles because the remote had no batteries; so credit to Victor Simpson, who adlibbed the dialogue.

We commend the support and encouragement you gave each other throughout the camp; and your grit during training. You truly made us proud.

The opportunity to mix with other members from other clubs, and draw on the experience of both instructors, are some of the reasons which make camps such a wonderful training and social environment.

We had an amazing time, and we hope that everyone on the camp got something positive from the experience. As usual, we're always interested in your feedback (members & spectators) so that next year's camp can be even GREATER.



To view camp photos and share camp stories, visit the Gallery & Forum sections of our website www.martialjourney.com.

WEBSITE UPDATES

If you haven't visited our website in a while, please make a point to check it out.

www.martialjourney.com

The **instructors'** profiles are finally up online, as is the **gallery** section of the site. We'll like to encourage as many of you to hop on to our **forum** as possible, as it is a great communication tool which you may use to share your ideas and leave suggestions. Also, please consider signing up to our **mailing list** if you haven't already. It's a good way to stay informed between newsletters.

Events

NO-GI-WEEK

Mon 23 Oct to Fri 27 Oct.

We will be training in casual clothes, and remember to think about it a little like dress ups. Bring overalls, buttoned shirts, scarfs, sunglasses, umbrellas, back packs, handbags... the more variety the better. Do NOT bring your favourite clothes and items, because there's a chance that they may get torn or damaged.

No-Gi-Week is about adapting the techniques we learn in the classroom, so they are effective on people wearing ordinary street wear.

GRADINGS

Our next grading dates are as follows:

Chadstone: Sat 25 Nov, 10am start.

Geelong: Sun 26 Nov, 11am start.

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

XMAS PARTY

We are in the process of planning this year's Christmas party. Unfortunately, there's not much information we can impart at this point in time, only that we're thinking along the lines of a BBQ, and that this year, we will be giving out awards.

Invitations will be sent out once we confirm a date and venue.

XMAS & NEW YEAR BREAK

Thu 21st Dec, will be our last training day for the year. The school will be closed from Fri 22nd Dec 2006 to Sun 21 Jan 2007.

Rest up and stay safe over the holidays.

Challenge: Finding balance

This is the last challenge of the year:

Week 1: Practise kihon dosa & sui dosa for 15 to 30mins daily; preferably in front of a mirror.

Week 2: Practise kihon dosa & sui dosa for 15 to 30mins daily; with your eyes closed.

Week 3: Practise kihon dosa & sui dosa for 15 to 30mins daily; outdoors on slightly uneven ground, eyes open.

Week 4: Practise kihon dosa & sui dosa for 15 to 30mins daily; outdoors on slightly uneven ground, eyes closed.

Inspiration: Craig Kielburger

Nominated by Cindy Chong

As Kielburger took the stage, squinting slightly from the glare of the spotlights, amusement rippled through the crowd of 2,000 when they saw that his head barely cleared the podium - until someone brought him a step stool. But the laughter soon turned to curiosity and, when he began to speak, to admiration.

"According to the International Labour Organization, there are more than 250 million working children. That's equal to the entire population of the United States," he said, shoving aside his notes as he gestured emphatically, his clear, green eyes appearing to take in each member of the audience. "No one has a good excuse for ignoring this problem."

The audience periodically interrupted his talk with applause, and no one seemed to notice that he'd gone well over his scheduled time. When he finished, the audience rose to their feet, wildly clapping their hands. As the applause finally began to wane, a member of the OFL briefly grabbed the microphone to announce that the organisation would be granting a surprise donation of \$5,000 to Kielburger's organisation, Free the Children, for the purpose of building a rehabilitation center for child labourers in India. That gesture was soon matched by many of the other organisations present. At the end of the evening - an evening in which Free the Children had merely intended to raise awareness that child labour did indeed exist - Kielburger had raised \$150,000 for the cause.

He was 12 years old.

Today, Free the Children, is the world's largest network of children helping children. Craig is also the founder of Leaders Today, a world renowned youth leadership training organisation.

You are never too young to change the world.

Other resources on Craig Kielburger:

- o freethechildren.com
- o leaderstoday.com
- o metowe.org

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

"Each of us must make the world what we want it to be."

Sports for Hunger motto