

## Dear Members

Welcome to a fresh new year. 2007 wrapped up on a high, and we hope to build upon that momentum.

Our events calendar is available online, so you may preview what's in store for the year ahead.

We're happy to have you back. Let's get the sweat flowing, and the smiles beaming ☺

*Shihan* Chris Oakley

*Hanshi* Shaun Brewster

*Publicity & Biz Dev* Cindy Chong

## News

### 2007 AWARD WINNERS

Thank you to those who were able to attend our Xmas break-up. We hope it was enjoyable for all. Annual awards were handed out, and the worthy winners were:

#### **Happy Camper – (jointly) Victor Simpson & Jamie Horsburgh**

For throwing themselves in to every activity with enthusiasm and a positive spirit, and for instigating movie night and sacrificing sleep.

#### **Bright Spark – Nick Ritchie**

For bringing to our attention that leg checks and leg locks were not covered in our syllabus, and for setting up the Martial Journey group on Facebook.

#### **Rising Star – Ivy Aitken**

Ivy is the fastest progressing member in our school, having earned her yellow belt with a score of 97%, and her purple belt with a score of 99%, at consecutive gradings. She was able to do this, in spite of an injury which meant she had to miss out on half her training.

#### **Above & Beyond – Jake Jeffery**

Jake has proved to be a reliable resource at gradings, selling food & drinks for minimal pay. However, the main reason that he received the reward was because he volunteered his time to assist Chris in the junior classes at Bannockburn out of his own initiative and for no monetary gains. He was invaluable to Chris and to the members who benefited from his guidance.

### NEW CLASS TIMES

New classes have been added to our schedule for 2008. Please ask the instructors for the updated class times or check our website.

### MEMBERSHIP FEES

Please remember to renew your membership for the year. The fee is \$80 (\$50 for black belts).

### FUNDRAISING

We are selling Hoyts movie packs to raise funds to support Shaun on his Long Run Home ([www.longrunhome.com](http://www.longrunhome.com)). Order forms are available from instructors. All orders must be in by end of Feb.

### WEBSITE

An updated website with more information and a fresh new forum is under development. We hope to launch it before Easter, so stay tuned.

## Upcoming Events

### **Mon 18 to Sat 23 Feb: NO-GI-WEEK OUTDOOR**

No-Gi-Week is casual clothes week at the academy. However, we stress that you wear comfortable clothes that you don't mind getting dirty or possibly torn.

In the adults' classes, we will simulate possible attack scenarios and get you thinking about diffusing or escaping the situation with what you have in the real world.

For the kid's classes, we will be covering safety awareness, and some dos and don'ts during threatening situations.

We will try to take advantage of the warmer weather and take the lessons outside.

### **Mon 10 Mar: LABOUR DAY – no class**

This is a public holiday and there will be no classes held that day.

**Sat 15 Mar: OTWAY CLASSIC – no class**

Chris will be undertaking the 145km ride along part of the Great Ocean Road and around the Otway Ranges. Unfortunately, this means that there will be no classes held on that Saturday.

**Sun 16 Mar: SEMINAR – SENSORY TRAINING & BOARD BREAKING**

Our seminars are designed to expand your knowledge base and experience. The first seminar of the year will cover some sensory and stealth exercises, bag work, and board breaking. Focus and accuracy are key to surviving this seminar unscathed.

**When:** Sun 16 Mar, 10am to 1pm

**Where:** Western Heights Uniting Church, Douglass St, Herne Hill (MelRef 225 E10)

**Cost:** \$55 member | \$70 non-member

Please register your interest and pay at least 2 weeks prior to the event.

**Thu 20 Mar to Sun 6 Apr: EXTENDED EASTER BREAK – no class**

While Shaun is pounding the pavement between Melbourne to Portland, the Oakley-Chong family will be riding bullet trains in Japan. Therefore, there will be no classes during this period.

Please have a safe Easter.

**Tue 25 Mar to Sat 29 Mar: LONG RUN HOME**

Shaun will be running from Melbourne to Portland in 5 days, to raise money for the Cancer Council.

If you haven't already, please check out [www.longrunhome.com](http://www.longrunhome.com).

Please show your support by helping out with our fundraising efforts, and if at all possible, be there to cheer him on and lend him strength.

**Sat 19 Apr: CHADSTONE GRADINGS**

Chadstone Guides' Hall  
Ivanhoe Grove, Chadstone (MelRef 69 E2)

Please register and pay prior to the event. Time and duration will be dependent upon your level.

**Sun 20 Apr: GEELONG GRADINGS**

Western Heights Uniting Church  
Douglass St, Herne Hill (MelRef 225 E10)

Please register and pay prior to the event. Time and duration will be dependent upon your level.

**Fri 25 Apr: ANZAC DAY – no class**

This is a public holiday and there will be no classes held that day.

**Fri 30 May to Sun 1 Jun: ANNUAL CAMP**

Our camps are always highly anticipated. This year, it will be held at Lady Northcote Recreation Camp, 15mins south west of Bacchus Marsh (MelRef 611 E2). It is a YMCA camp site, which has been accredited by the Australian Camping Association. If our track record with them is any indication, we will have excellent facilities and service to look forward to.

More information and a detailed itinerary will be handed out closer to the date.

**Mon 9 Jun: QUEEN'S BIRTHDAY – no class**

This is a public holiday and there will be no classes held that day.

**Inspiration: Sir Edmund Hillary**

*Nominated by Cindy Chong*

Sir Edmund Hillary, renowned for being the first to conquer Everest together with Tenzing Norgay in 1953, passed away of a heart attack in January at the age of 88.

This is our humble tribute to the man, his lifetime of achievements, and the legacies he left behind.



*Sir Edmund Hillary, 20 July 1919 to 11 Jan 2008*

Resources on Sir Edmund Hillary:

- The Himalayan Trust (Nepal)  
<http://www.himalayan-trust.org.np>

If you wish to nominate a phenomenal person, please send an email to [isseiryu@hotmail.com](mailto:isseiryu@hotmail.com)

***"It is not the mountain we conquer  
but ourselves."***

*Sir Edmund Hillary*