

Dear Students

Welcome back for 2010!

We've put in a lot of work over the holidays preparing for the massive year ahead. The new renovations and new class plans are just a glimpse of what is to come.

Thanks for committing to the journey. We'll do what we can to ensure that there are lots of smiles amongst the sweat ;)

**Chris Oakley | Lead Instructor
& your Martial Journey Team**

News

2009 BREAK-UP BASH & AWARD WINNERS

Once again, thank you to those who attended our break-up bash last year. Thank you for assisting with the food & drinks, cooking, errands, and cleaning up. Your support overwhelms us.

We believe we had well in excess of 100 people there that day! We hope you enjoyed the activities as much as we did. Some things can't be said in words, so check out the photos in the gallery section of our site.

Congratulations to our 2009 award winners:

Happy Camper: Jessica Price

Bright Spark: Emily Ludbey-Bruhwei

Rising Star: Ella Bibby

Above & Beyond: Adrian Bibby

NEW CLASS TIMES

If you have not received our new class times, please pick one up from reception. A printable A4 version is available on our website.

We're making an effort to touch base with all our students to review training plans and clear up any confusion with the new times and class structures. However, don't hesitate to approach us first, if we are yet to speak with you.

HOT WEATHER RESPONSE

We started off the year on a 45C day! Classes were cancelled for health and safety reasons. It highlighted the need for us to implement a formal hot weather response plan:

33C+ light training

36C+ ultra light training with the possibility of class cancellations. Call 1300 663 879 to confirm.

39C+ NO CLASSES

INTRODUCING BRAZILIAN JIU JITSU

Martial Journey has formed a partnership with Ground Zero to offer BJJ classes in the western suburbs. The interest we had in the first week was very encouraging.

Issei Ryu Bujutsu students are entitled 3 free trials. However, allow \$10/session for gi hire. For information and bookings, please visit reception.

MARTIAL JOURNAL

Cindy started a blog on life at our academy. You may subscribe to it at:

<http://martialjournal.wordpress.com>

Upcoming Events

Mon 25 Jan: AUS DAY ACTIVITIES

We're getting in to the spirit of Australia Day by doing some thong throwing and other such fun and games. Remember to BYO thongs!

Tue 26 Jan: AUSTRALIA DAY HOLIDAY

No classes that day.

Sat 6 Feb, 10am to 12noon: OPEN DAY 2010

We're inviting the public to visit our dojo and watch our classes.

All classes will proceed as usual. However, we will need volunteers (parents & students) to help us host visitors. If you're able to assist, please let Cindy know. You will be required to attend a briefing, and be available on the day.

Thu 18 to Sat 20 Feb: SAFETY AWARENESS WEEK

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 kids' classes, we will be covering some dos and don'ts during threatening situations.

Sat 6 Mar, 10am to 12noon: CLEAN UP AUSTRALIA WITH MARTIAL JOURNEY

We have registered to clean up our little patch of nature along Skeleton Creek opposite our dojo for Clean Up Australia Day.

This is purely voluntary. If you wish to do your part, simply turn up on the day and be prepared to roll up your sleeves.

All classes will proceed as usual.

Mon 8 Mar: LABOUR DAY HOLIDAY

No classes that day.

Sat 13 Mar: GRADINGS

All gradings will be conducted at our dojo. There will be no regular classes on that day.

Please register at least two weeks in advance. You will be notified of start times and grading duration for your belt level a week prior.

Photos from previous gradings are available for viewing and purchase at:

<http://paulfrancephoto.com>

*"When it is dark enough,
you can see the stars."
Ralph Waldo Emerson*

Inspiration: HELEN KELLER

Nominated by Emily Ludbey-Bruhvel



1880 - 1968

Helen Keller was less than 2yrs old when she came down with a fever. It struck dramatically and left her unconscious. The fever subsided just as suddenly. But she was blinded and very soon after, deaf.

Helen followed her mother by hanging on to her skirt. She felt people's hands to try to figure out what they were doing. This was how she learnt to milk cows, and knead dough. She recognised people by touching their faces or their clothes. She developed her own sign language which she used to communicate with her family.

Helen's angel came in the form of teacher Anne Sullivan, who herself had been blind, but regained her sight after an operation. Anne taught Helen Braille. This was the key which unlocked the world.

Armed with the new language, Helen devoured literature and found a form of expression. She developed skills very few people ever had, like placing her fingers on a person's lips and be able to understand the words being spoken.

At the age of 24, she became the first deaf blind person to earn a Bachelor of Arts degree. Helen Keller was a respected author, lecturer and an avid anti-war, women's rights and workers' rights activist. A dark and silent world was not enough to hold her back.

Resources on Helen Keller:

- The story of my life *by Helen Keller*
- The world I live in *by Helen Keller*
- The miracle worker *movie*

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