



GEMINA

Newsletter 8th of April 2017

Easter Break:

We are open for school holidays except for the Public holidays (14th to the 17th). Classes are back to normal as of the 18th April 2017.

Student of the Month:

CONGRATULATIONS to our students of the month for March. Check the back of your certificate for some extra incentive 😊



Van

Ninjas 3 – 5 years



Carla

Commandos 6 – 9 years



Dyrell

Samurais 10+ years

BJJ:

If you or your child is thinking of competing in BJJ, it is imperative you understand what the rules are in regards to doing so. The link to the IBJJ rule book below covers all IBJJ, AFBJJ & WAFBJJ competitions. It goes into detail regarding the referee hand gestures and what they mean (pg 7-12), referee decisions & point scoring (pg 13-22), fouls, illegal moves and penalties (pg 23-29), the uniform requirements (pg 30-32), age divisions and match times (pg 34), how brackets are run (pg 34-36), and then finally prizes, registrations and further provisions.

Website for the BJJ rules for IBJJ & AFBJJ competitions:

http://ibjjf.org/wp-content/uploads/2015/04/RulesIBJJF_v4_en-US.pdf

As changes have since been made since 2015 when the rule book was last updated, the website below shows all updates to show any additions or changes and needs to be viewed in conjunction with the original rules. These pertain to Competition rules and Uniform requirements:

<http://ibjjf.org/wp-content/uploads/2015/04/Rules-Update-Guide-2015.pdf>

Upcoming Competitions:

BJJ4LIFE - Sunday 7th May 2017 – No Gi Submission – www.bjj4life.info

AFBJJ - Sunday 18th June 2017 – Perth Cup Gi – afbjjwa.com.au

AFBJJ - Sunday 3rd September 2017 – Perth Open No Gi – afbjjwa.com.au

AFBJJ - Sunday 12th November 2017 – Western Australia State Gi Championship – afbjjwa.com.au

Last AFBJJ Competition:

Congratulations to everyone who participated in the competition on Sunday 26th March. Legion 13 placed 1st in Kids divisions and 3rd in adults. We are so very proud of all competitors.



A note for parents of kids competing; we love to see the support and enthusiasm, however when you are a competitor out on the mat, it is hard to follow the direction of your coach when there are so many people yelling over them. Please leave the coaching to our coaches, Jo and Aaron, as they know the rules of what's allowed and what's not allowed. This is not to say, you can't encourage your child, cheering them on lets they know you are there and supporting them through the match.

A note for the kids competing; whilst waiting for your fight to start, please use the time, to warm up and think about your game plan. Remember you are representing Aaron, Jo and Gemina, being loud and running around is not showing discipline or respect.

We love to get photos of our members at the event and it's also important to support our fellow competitors. We know it's not always possible to hang around, but if you can please see Jo or Aaron before you leave, they would love to organise a photo and congratulate you on your achievement.

Competitions are a privilege, if you are disrespectful by mucking around and not listening in class, you will not compete in competitions. Every time one of our students enter a competition, they not only represent themselves, but Gemina and their trainers too.

New kids class:

We have added a new Ninja's (3 – 5 year olds) class to our timetable. These classes will be held on Monday's at 9.30am and we are also trialling 2 year olds in this class only. We hope to see you there.

Kickboxing and BJJ Grading's:

Grading's are an important part in everyone's training, we take them very seriously and consider ourselves to be strict when selecting who is ready to progress to the next level. If you have any questions regarding your or your child's training, our coaches are always available for a chat. If you would like to organise a time to have a private meeting with one our trainers, please let us know.

Sign in:

Please remember to sign yourself or your child/children in before training as this helps us track everyone's attendance.

Staff:

If you have any feedback for our trainers or if there are any questions you would like to ask, please feel free to bring them to us as we are always looking for ways to improve.

Lost Property:

Any equipment, clothing, drink bottles etc. left behind are placed in the lost property box located near the roller door. Please remember to go through it and check for any items you may have lost. Every few months, we donate the contents to Sowilo Community High School who pass it on to remote Aboriginal Communities. All personal gear should be labelled to stop any mix up with fellow members gear.

Private Lessons:

If you are interested in private lessons, we have a number of trainers available. Please contact us for more information.

Club Rules:

- Please keep children out of the ring and off the ropes
- Ask children to sit and wait patiently for the instructor to call them onto the mat
- No shoes on the mat
- Keep finger & toenails trimmed
- Wear shoes to training & in the toilet areas
- No smoking ANYWHERE on the premises (including the carpark)

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