



GEMINA

Newsletter 9th of May 2017

Student of the Month:

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



Tyson

Ninjas 3 – 5 years



Carla

Commandos 6 – 9 years



Jacob

Samurais 10+ years

Upcoming Competitions:

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

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

IBJFF/AFBJJ – 27 to 29th October – Pan Pacs, Gi and No Gi (Held in Melbourne) – afbjjwa.com.au

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

Women's WA Open Mat:

There will be a Women's Open Mat held at Legion 13 on Sunday the 28th of May between 11am and 1pm. Open to all women of all ages from all clubs. Join the "WA BJJ Women's crew" on Facebook for more information and updates.

Muay Thai Kickboxing Grading's:

Don't forget to check if your name is on the board above the ring for the upcoming Muay Thai Kickboxing Grading. The Grading's will be held on Saturday the 24th June 2017. Watch our Facebook page and next Newsletter for more information regarding times etc. If you have any questions, please see Kym or Aaron.

If you would like to know what is required for your next grade, see the blog section on our website.
www.geminasports.com

Sign in:

Please remember to sign yourself or your child in, by placing your or their name into our sign in book placed on top of the front desk. It's important for us to track your attendance and also interesting for you when you want to look back and see how many classes you have done.

Monday's Ninja Day Class:

Don't forget to take advantage of the new Monday morning, Ninjas Kickboxing class for 3 to 5 years at 9.30am. 2 year olds may also have a go in this class only, with the help of a parent.

No Smoking:

Just a reminder, there is to be no smoking anywhere on the premises, which includes the carpark.

Toilet Hygiene:

Parents, if you could please talk to your children and remind them about cleanliness in the bathroom. We have added a few new signs about washing hands and also checking there is no mess left on and around the toilet when finished.

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 IBJJF rule book below covers all IBJJF, 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 IBJJF & 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>

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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