



# GEMINA

Newsletter 14th of June 2017

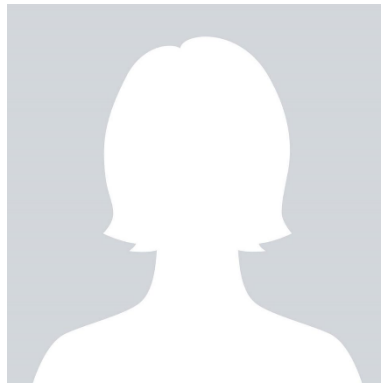
## Student of the Month:

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



**Van**

Ninjas 3 – 5 years



**Llia**

Commandos 6 – 9 years



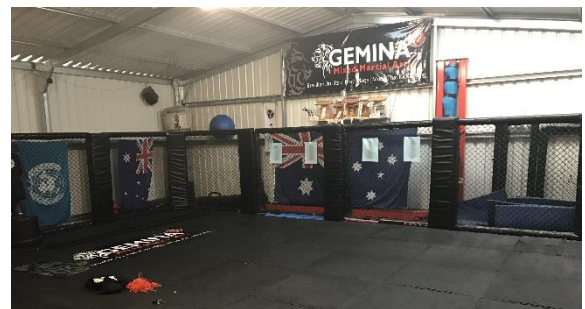
**Kendra**

Samurais 10+ years

## New location in Kelmscott:

You may have heard the rumors, and we can confirm it's true. Gemina MMA will be opening a second location in Kelmscott on the 1st July 2017 and will be working alongside Micon Training Services RTO #52690. Head to our website [www.geminasports.com](http://www.geminasports.com) for more information. Make sure you spread the word to your family and friends and help us expand the Gemina Family. Osss

As always, if you are a member of our Port Kennedy club, you can also train at Kelmscott for free.



## Upcoming Competitions:

AFBJJ - Sunday 18<sup>th</sup> June 2017 – Perth Cup Gi – [afbjjwa.com.au](http://afbjjwa.com.au)

BJJ4life - Proposed date of Sunday 13<sup>th</sup> August 2017 – No Gi Submission based grappling -[bjj4life.com.au](http://bjj4life.com.au)  
(To be confirmed in our next Newsletter)

AFBJJ - Sunday 3<sup>rd</sup> September 2017 – Perth Open No Gi – [afbjjwa.com.au](http://afbjjwa.com.au)

IBJFF/AFBJJ – 27 to 29<sup>th</sup> October – Pan Pacs, Gi and No Gi (Held in Melbourne) – [afbjjwa.com.au](http://afbjjwa.com.au)

AFBJJ - Sunday 12<sup>th</sup> November 2017 – Western Australia State Gi Championship – [afbjjwa.com.au](http://afbjjwa.com.au)

## **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 IFBJJ rule book below covers all IFBJJ, 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 IFBJJ & AFBJJ competitions:

[http://ibjjf.org/wp-content/uploads/2015/04/RulesIBJJF\\_v4\\_en-US.pdf](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>

## **Morning Classes:**

Don't forget to come down on Monday and Thursday mornings at 9.30am for our ninja's Kickboxing class (3 to 5 years). 2 year olds may also have a go in the Monday morning class, with the help of a parent. Mum's Dad's and carers, why not hang around on a Thursday for the BJJ day class at 11am. We do accept cash for these day classes only but as always, members get these classes free.

Ask us today, about cash prices for these classes only.

## **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.

## **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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Unit 2 10 Blackburn Drive, Port Kennedy WA 6172

Email - [Geminamma@mail.com](mailto:Geminamma@mail.com)

Facebook – [www.facebook/geminamma.com](http://www.facebook/geminamma.com)

Website - [www.geminasports.com](http://www.geminasports.com)

Twitter – [www.twitter/gemina\\_mma.com](http://www.twitter/gemina_mma.com)

Instagram – [www.instagram/gemina\\_mma.com](http://www.instagram/gemina_mma.com)





Sign-up sheet is now located at the front desk, hurry in and get your child or children's names down, so they don't miss out.

# Kids Club

At Gemina Sports on Monday July 10  
10am to 12.



**Ages:** 4 to 11yrs.

**Cost:** \$15ea. subsequent Siblings \$10ea.  
Pre-booking and payment Essential  
please see our front office. Cash only.

**What to bring:** Full Water bottle.  
Comfortable clothing.

**Provided:** Games and fun. Fruit for  
snacks.

**Who is invited:** Everyone!

**Drop Off:** 10am

**Pick Up:** 12 noon

**Important Information:**

All attendees must be toilet trained.  
Any allergies or conditions we need to  
be aware of.

