



GEMINA

Newsletter 18th of July 2017

Student of the Month:

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



Nikki

Ninjas 3 – 5 years



Kurt

Commandos 6 – 9 years



Jayden

Samurais 10+ years

Upcoming Competitions:

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

Photos from Kids Club:

We had huge success with our School Holiday Kids Club. A great time had by all. We will definitely be running this again in the future but with more fun, more games and more days.

Thank you to all who attended.



Open Day at Kelmscott:

Here are a few photos from Gemina Kelmscott's open day on Saturday July 1st 2017. Thanks to everyone who came down and showed their support. What an awesome day!!



Kickboxing Grading's:

Super proud of everybody that graded on Saturday June 24th 2017. The day went smooth with everyone trying as hard as they could and smashing out there grading. Huge thank you to all parents and spectators for supporting the children and Gemina. Also a huge thanks to the kids for showing great technique, listing skills and respect to their training partners.



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

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>

Discipline:

The trainers need our help when it comes to teaching our kids respect. If a child has been asked to sit out of class, they are to sit and wait to be asked to come back on the mat by the trainer. If we all work together, we will see much better results.

Sparring Classes:

All sparring equipment must be worn on Thursday's Mixed Ages Sparring and Tuesday's Adult Sparring Class.

For example: Mouthguard, Gloves and Shin Guards. These items can be ordered through us if required.

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.

Does anyone want to fight?

If you are interested in fighting, please let Aaron or Jo know. They can help you with the paperwork and registrations required and of course your training and game plan. There is an age limit of 12 years and above.

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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