



GEMINA

Newsletter 8th of August 2017

Student of the Month:

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



Mia

Ninjas 3 – 5 years



Ciara

Commandos 6 – 9 years



Kendra

Samurais 10+ years

Upcoming Competitions:

AFBJJ - Sunday 10th September 2017 – Perth Open No Gi – afbjjwa.com.au

BJJ4Life – Sunday 8th October 2017 – No Gi – www.bjj4life.info

IBJJF/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

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>

Kickboxing and BJJ Grading's:

We have pencilled in our next Muay Thai Kickboxing Grading for Saturday the 28th of October 2017. Keep an eye on the whiteboard for your names and any information or changes. Remember, if you would like to know what will be expected from you to progress to the next stage, you can find the information on the Blog section of our website and search by colour.

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.

Feedback:

If you have any questions about trainers, classes or any feedback in general, please don't hesitate to come forward. We are always looking for ways to improve and value everyone's opinion and suggestions.

Don't forget to give us your reviews on social media, to help spread the word and grow our Gemina family.



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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