



# GEMINA

Newsletter 27th of September 2017

## Student of the Month:

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



**Mitchell**

Ninjas 3 – 5 years



**Chelsea**

Commandos 6 – 9 years



**Kholeho**

Samurais 10+ years

## Upcoming Competitions:

AFBJJ - Sunday 10th September 2017 – Perth Open No Gi – [afbjjwa.com.au](http://afbjjwa.com.au)

BJJ4Life – Sunday 8<sup>th</sup> October 2017 – No Gi – [www.bjj4life.info](http://www.bjj4life.info)

IBJJF/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>

**September Competition:**

Congratulations to those who competed at the AFBJJ Competition on Sunday the 10<sup>th</sup> September 2017.



### **Kids Classes (Age Groups):**

You may have noticed that sometimes there are younger or older kids in different age categories, people are bumped and held back depending on maturity and skill level. So please be aware, the age groups are just a guide of where they should be.

### **Kickboxing and BJJ Grading's:**

Our next Muay Thai Kickboxing Grading is scheduled for Saturday the 28<sup>th</sup> 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.

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



If your name is on the board, Congratulations, you have earned the right to try out for the next level in Muay Thai Kickboxing. Be aware this does not mean you will pass, all criteria must be met to achieve the next grade.

The Grading's will be held on Saturday the 28<sup>th</sup> October 2017. There will be no classes this day, to accommodate for Grading's. Please remember to wear your uniform, and bring along all Muay Thai Kickboxing equipment and your water bottle.

**Ninja's will be graded from 9.30am to 11.30am**

Grading Order:                      Yellow  
    Green  
    Blue

**Commandos will be graded from 11.30am to 1.30pm**

Grading Order:                      Yellow  
    Green  
    Blue  
    Purple  
    Orange

**Samurai's will be graded from 1.30pm to 2.30pm**

Grading Order:                      Yellow  
    Green  
    Blue  
    Purple



If you have any questions, please see Kym or Aaron.

Updates on rewards for grading's: due to a change of supplier, graded singlets are no longer available for order. This means Ninja's will receive a certificate, Commandos and Samurai's will receive badges. Our current stock of grading singlets are still on sale whilst stocks last. Talk to us today.

If you would like to know what is required for your next grade, see the blog section on our website. [www.geminasports.com](http://www.geminasports.com)

