



# GEMINA

Newsletter 19<sup>th</sup> of October 2017

## Student of the Month:

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



**Nikki**

Ninjas 3 – 5 years



**Sean**

Commandos 6 – 9 years



**Jayden**

Samurais 10+ years

## Upcoming Competitions:

IBJJF / AFBJJ – 27 to 29<sup>th</sup> October 2017 – 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>

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

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.

Please note: Dates are scheduled and advertised months in advance, if you are unable to make the session, you will need to wait till the next date to be graded. Your name must be listed on the Grading board.

Reminder: We do not charge full paying members for grading's, belts and badges are earned at Gemina. There are minimum requirements to be met for grading's, which can be found in the blog section on our website: [www.geminasports.com](http://www.geminasports.com)

### **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:**

Due to injuries, all sparring equipment must be worn i.e. Mouthguard, Gloves and Shin Guards. These items can be ordered through us if required.

### **Looking into the future:**

We are in the final stages of writing Sponsorship Contracts and advertising will start soon. Sponsorship will be open to all existing and non-existing members. Watch this space for more information.

Changes are coming to our Muay Thai Kickboxing classes. Aaron has decided to cross the border back to Burma and return to his roots of Burmese Kickboxing. Known as Lethwei – The art of 9 limbs

### **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.

### **Monthly tip:**

Grading's are upon us, make sure you sleep well and eat a healthy breakfast to kick start your day.

### **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)

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

Instagram – [www.instagram/gemina\\_mma.com](http://www.instagram/gemina_mma.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 09.30am to 10.30am**

|                |        |                   |
|----------------|--------|-------------------|
| Grading Order: | Yellow | 09.30am – 10.00am |
|                | Green  | 10.00am – 10.30am |

### **Commandos will be graded from 10.30am to 01.00pm**

|                |        |                   |
|----------------|--------|-------------------|
| Grading Order: | Yellow | 10.30am – 11.00am |
|                | Green  | 11.00am – 11.30am |
|                | Blue   | 11.30am – 12.00pm |
|                | Purple | 12.00pm – 12.30pm |
|                | Orange | 12.30pm – 01.00pm |

### **Samurai's will be graded from 01.00pm to 03.00pm**

|                |        |                   |
|----------------|--------|-------------------|
| Grading Order: | Yellow | 01.00pm – 01.30pm |
|                | Green  | 01.30pm – 02.00pm |
|                | Blue   | 02.00pm – 02.30pm |
|                | Purple | 02.30pm – 03.00pm |



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)

