

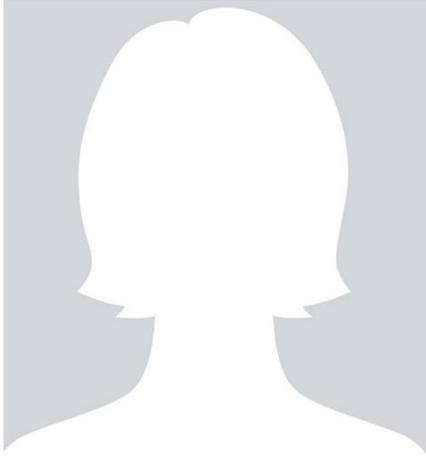


GEMINA

Newsletter 22nd of January 2018

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



Jayden
Commandos 6 – 9 years



Emma
Teen's 10+ years

BJJ Worlds 2017:

Huge congratulations to head Coach Josephine Masiello and super star Cristy Hazelman both taking turns on the podium at IBJJF No Gi World Championship in the USA.



LETHWEI

What is Lethwei ?

Similar to its younger sibling Muay Thai The Art of 8 limbs, Lethwei The Art of 9 limbs is considered to be one of the most aggressive and brutal martial arts in the world. Also known as Burmese Bare Knuckle Boxing where fighters only use tape and gauze on their hands.

The use of fists, elbows, knees, feet, sweeps, throws and head-butts makes it a very dangerous martial art.

There is no point system and only way to win is by knockout or because of an injury and the inability to fight any more. At the end of the match if the two fighters are still standing, the fight is declare a draw.

Kelmscott : Mondays and Wednesdays 5pm - Ninthang (John) - 30 fights in Burma, 17 in Thailand
41W/3D/3L.

Port Kennedy : Tuesdays 6.30pm and Wednesdays 5.30pm



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://ibjif.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://ibjif.org/wp-content/uploads/2015/04/Rules-Update-Guide-2015.pdf>

Kickboxing 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 of our trainers, please let us know.

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

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 during Sparring Sessions; i.e. Mouthguard, Gloves and Shin Guards. These items can be ordered through us if required.

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:

Consistently encourage and support your child regardless of their degree of success, level of skill, or their training. They aren't going to know how to escape the mount in a day, week, or even a month. And that's okay! As long as they're having fun, it doesn't matter.

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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