



GEMINA

Newsletter 27th of March 2018

Apologies to last month's Student of the month winners. We were unable to produce a newsletter last month, due to computer issues which lead to us losing all our photos and information.

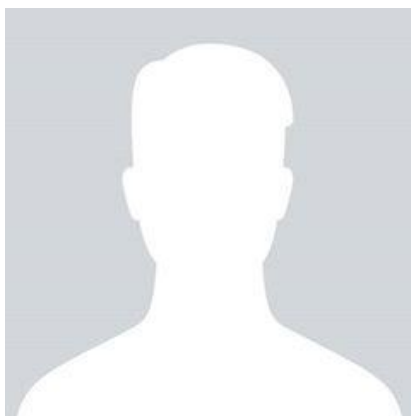
Student of the Month:

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



Mitchell McIver

Ninjas 3 – 5 years



Daniel Hughes

Commandos 6 – 9 years



Carla Yehia

Teen's 10+ years

Legion in house Comp:

Super proud of our little competition team from Gemina Port Kennedy and Gemina Kelmscott for putting themselves to the test over the weekend against their fellow team mates from within the Legion 13 schools in WA. Looking forward to sharing this journey with them as they continue to develop and grow into the champions I know they already are.



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>

Upcoming Competitions:

Sunday 6 May. "Western Australia No Gi State Championship", "Perth Cup Gi Juniors" AFBJJ WA

Sunday 27th May. No Gi Submission tournament. BJJ4Life. <https://www.bjj4life.info/>

Sunday 22 July. "Aussie Winter Gi" AFBJJ WA. www.afbjjwa.com.au

Sunday 23 September "Perth Open Gi", AFBJJ WA www.afbjjwa.com.au

Thursday 25 - Friday 26 - Saturday 27 - Sunday 28 October "Pan Pacs" AFBJJ – IBJJF www.ibjjf.org

Sunday 25 November "WA State Championship Gi", AFBJJ WA www.afbjjwa.com.au

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.geminaspports.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.

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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