



# JUST KICKS TAEKWONDO

## NEWSLETTER

August 2009

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### JUST KICKS National Team

The **JUST KICKS** committee has decided to contribute some funds towards students who compete in the 2009 Australian National Championships. This funding will be announced at a later date.

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### JUST KICKS Demo Team

Any students interested in joining our Demo team please contact Sir Jon Niehuus at either Para Hills West or Surrey Downs. Next training session for the Demo Team is **Saturday 15<sup>th</sup> August, 11.15am 12.15am at Para Hills West.**

This team will perform at school fetes, shopping centres etc...

## JUST KICKS Umbrella

For members paying 6 or 12 monthly fees you will receive a free **JUST KICKS** umbrella, valued at \$35. There is one on display at the front counter.

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## Strapping and Injury Management Course

**Just Kicks** will be holding a strapping and injury management course on the Friday the 14<sup>th</sup> August.

Time: 7pm-8pm Venue: Just Kicks Headquarters, Unit 3/21 Beafield Rd Para Hills West

Cost: \$5 per person for the course.

**This is COMPULSORY for all BLACK BELTS!!**

Presenter: Peter Hoppo, Level 2 Sports Trainer fully trained and experienced in massage therapy.

Strapping tape will be provided.

Currently works with SANFL clubs, soccer clubs and several injured members of Just Kicks Taekwondo.

He will be available for 20 min massages from 5-7pm and from 8pm onwards. Must book and prepay at the front counter prior to the night.

Cost is \$10 per massage.

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## JUST KICKS Red Books

The **JUST KICKS** Red Books are available for purchase at the front counter or at your branches for \$8.00 each, and we now have the plastic sleeves they fit into for \$3.00, or you can purchase both for \$10.00.

Every student will need to have one of these books as it has competencies that they will need to achieve and get signed off by the Instructors or Head Instructor before they are able to grade.

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We now have a Pura Tap available for use in the kitchen area of the Para Hills West centre

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## Suggestion Box

We have a suggestion box on the front counter for any ideas on how to improve **JUST KICKS**, also if you have any ideas for the website just write them down and put them in the suggestion box.

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## Club improvements

Our new computer system is now up and running, Michelle and Sir Dang are busy adding member details.

It is designed to keep members information in one easy to find place.

Keeping track of: member details, training attendance, fee payments, emergency contacts etc.... making the front counter job easier for Michelle and Dang and more efficient for **JUST KICKS**.

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## Nationals Accommodation

A suggestion for accommodation for Nationals, Oct 1st-4<sup>th</sup> 2009:

Booking using the Internet information will save you \$40 per night. Internet special \$200 per night

Virginia Palms, cnr Sandgate & Zillmere Rds, Boondall, QLD, 4034, ph:07 3265 7066

[www.palmsinternational.com.au](http://www.palmsinternational.com.au)

Go to Virginia Palms site

Go to last minute rates

Go to click here for more specials

Go to for other availability click here

Go to other specials click here

Put in dates of stay, click on the room type, then follow the link to book

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## Nationals Entry Forms

Keep checking the Taekwondo Australia website for the entry forms, when available and completed return them to George with payments. You can go to that website via the links tab on our website or [www.taekwondoaustralia.org.au](http://www.taekwondoaustralia.org.au)

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## SA HPP training

S.A HPP Training is on **Sunday 13<sup>th</sup> September 2009**. This is compulsory training for the State team and will include Poomsae and Sparring.

All welcome to train with the state development team, from yellow belt upwards. Bring all protective gear.

Cost \$6 – Time 11am  
William Light School  
Errington Street  
Plympton SA

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## Cleaning of the centre

Next dates for cleaning are: 12<sup>th</sup> September – 12.30pm – 2.00pm  
10<sup>th</sup> October – 12.30pm – 2.00pm

Check your Red Books as this may be a component of your grading level and may need to be signed off.

**Take pride in your training centre and help keep it clean.**

See front counter for further information

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## Demo's

A big thank you to all the students and parents that attended the Demos at the Golden Grove Shopping Centre during the school holidays, they were a big success.

We have had some new members join that saw our Demos so it goes to show they are working.

Thanks to:

Meghen, Olivia, Sir Jon, Melissa, Lachlan, Ajay, Jyrelle, Jessica, Desi, Manuel, Thomas, Chelsea, Michael, Shannen, Jack, Lauren, Nicola, Harrison, Dervis, Lejla.

If I have forgotten anyone please let me know and I will add you in next month's newsletter.

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## State Selections

Congratulations to all our members that qualified into the South Australian Taekwondo Team.

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## Taekwond-a-thon

We are holding our first Taekwon-a-thon to raise some funds for the club. Students will get sponsors or donations and will then have a Taekwondo based course they will follow. This is being held on **Sunday 23<sup>rd</sup> August 2009** at Para Hills West 10.30am – 12.00pm. We will also have a sausage sizzle available.

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## Competition Training

Any students that wish to take part in competitions and would like to attend Competition training it's held on a Tuesday and Thursday night at Para Hills West 6.30pm – 7.30pm

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## Just Kicks Website

[Justkickstaekwondo.com.au](http://Justkickstaekwondo.com.au)

Check it out for all upcoming Events, Grading's and all the information you need to know about our club.

If you have any Taekwondo photos forward them to [dangvn@tpg.com.au](mailto:dangvn@tpg.com.au) and we will put them on the website

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## JUST KICKS OPEN 2009

The 2009 Just Kicks Open is booked in for December 13<sup>th</sup> at the Mars Sporting complex. Events will include Poomsae, Jump Kick, Sparring and a new event for 2009 Team Poomsae. Please support this event!! **We are looking for volunteers for our major event.** Please see front counter if you want to be involved.

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## 2009 Camp

**All people attending the camp that haven't yet paid please pay Michelle by Thursday 6<sup>th</sup> August as supplies will need to be purchased.**

Club members are free, incl: Dinner (Sat), Breakfast (Sun) – Non-members \$40.

Bring all your own gear: sleeping bags, pillows, toiletries, cutlery, plates, cups etc...

You can also bring board games, DVD's (PG or G so everyone can watch) card games etc... as there are facilities for these...

See front counter for further details

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## Total Taekwondo Competition

Total Taekwondo are holding an inter club competition on the 5<sup>th</sup> September 2009 at 1.30pm. Entry cost is \$20.00 available to students from novices to advanced competitors. Venue: Immanuel College Sports Centre, 32 Morphett Road, Nova Gardens. There will be contact and non-contact matches. If you haven't received the email regarding this comp which had the entry forms attached please see the front counter.

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## Just Kicks Merchandise

Anyone wishing to purchase any **Just Kicks** merchandise we have a range of Doboks (uniforms), t-shirts, polo shirts, jumpers, jackets etc...

Also all protective gear can be ordered.

See the front counter.

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## Personal Hygiene

Please read your Code of Conduct regarding Personal Hygiene, You can find it on the website

[Justkickstaekwondo.com.au](http://Justkickstaekwondo.com.au)

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## Kitchen Areas

**Anyone** using the kitchen areas in any of our training centres **must** clean up after themselves

i.e.: any cups, glasses, cutlery used **must** be washed, dried and put away.

Failure to do this will result in us not being able to use these facilities any more

