

'ON THE MATS

*K. O. Martial Arts
Redcliffe's Ultimate Martial Arts Facility*

OCTOBER 2011

With the weather warming up we welcome back many of you that have returned to training. We have plenty of upcoming events to keep you motivated from here until Christmas.

There are also a few things to be rolled out over the next few weeks that may interest some of you....keep reading.

K. O. MARTIAL ARTS CAMP

October 28-30. Just a few weeks to go until our camp. This will be a great opportunity for those attending to learn new techniques, practice their current skills and have a go at other styles to broaden their skill base.

There are still places remaining to be filled, so if you would like to attend talk to me asap. If you have troubles with finances, see me to organize a payment plan over the next 2 months via direct debit. I can't stress enough how great it is to get away and just focus on your own personal training for a weekend block like this. Oh.. and don't be worried the sessions and training are not going to kill you, there are mixed in with yoga, stretching, Tai Chi and other classes so you get that physical break your body may need.

You Tube Channel

I have started a you tube channel that can be found at the following address -

<http://www.youtube.com/user/KOMartialArts1>

I have started uploading kata's, and will shortly upload tips and combinations for student to have a look at to help them with their training. This should be a great tool for helping our students reach their goals.



Inside this issue:

K. O. Martial Arts Camp	1
You Tube Channel	1
Kids Holiday Program	2
ABK Gradings	2
In The Corner	2
Grading Training session	2
Personal Group Training	2

COMING EVENTS

Oct	22	Grading training session
	28-30	Martial Arts Camp
Nov	26	Adrenalin 2.0
Dec	3 rd	ABK Gradings (Jnr & Snr) & Ball
	15 th	Break Up Christmas Party
	17 th	Arana Hills Muay Thai

Quote of the Month

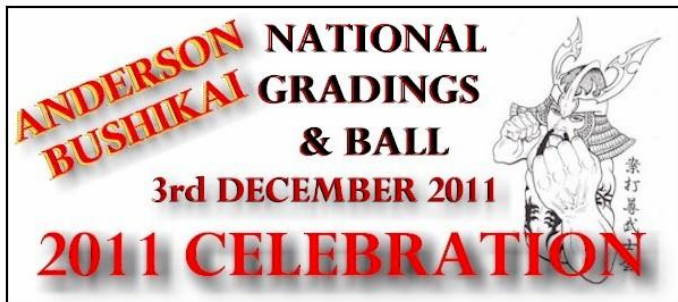
Great thoughts come from the Heart.

Kids Holiday Training Program

We will be offering a Kids Holiday training Program early in the New Year. This will not be a child minding program but a training opportunity over a two day program, limited by numbers (per group) that will include helping students develop their training techniques and skills utilizing a number of other martial arts skills.

ABK GRADINGS

As I've mentioned before this is going to be absolutely huge. All seniors and juniors ready will be grading on this day. Personally I am looking forward to seeing as many as possible from our club grading, not to mention my 5th Degree (black belt).



It will be held at the Kruger State School, Bellbird Park (down towards Ipswich). It will be a bit of a journey but I'm sure there are some that can organize some car pooling if necessary. It will be very memorable to be able to grade on that day.

That evening there will also be the National Ball, held in Ipswich, which I have tickets available now at \$50 each. I will be attending this and also will car pool with those wanting to attend. (I am coming home after gradings to shower and get ready and then drive down later for the ball)

IN THE CORNER – MUAY THAI NEWS by Kru Steve Robinson

Our Nonsai seminar a little time ago was a great success for those who attended. Liam and Steve Woolley got to train with him earlier in a private session that both of them enjoyed thoroughly. Out of that session, Steve and Liam will be running a class on camp covering the things they learnt as well as the stuff they learnt in the seminar. Look forward to this guys. Adrenalin 2.0 is racing up very quickly also. I will be held on the 26th November at the Redcliffe RSL. We will have Steve, Liam, Alex and Lucas fighting on the show. In addition are first junior will be stepping into to ring. Taine Hudson has been training hard under the watchful eye of Liam, guiding him to this big occasion. We wish all the guys the best of luck as they prepare. I will also be looking for volunteers once again to help out on the evening.

Grading Training Session

Saturday 22 Oct at 10-12, I will be holding a session for those wanting a little more of an opportunity to get ready for gradings. \$10 for the session

Group Personal Training

I am happy to launch Group Personal Training. These sessions of three people will reduce the cost but still help you reach your fitness goals. Get a couple a friends together, have a chat to me to see when we can help you all out. Personal Training isn't about pushing you until you vomit or making you hurt, but to build you up to reach your goals, whether that is to lose a little weight or put on some muscle. Sessions can be booked during weekdays and Saturday.