

'ON THE MATS

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

SEPTEMBER 2011

Another month down and we are getting closer to Christmas. There is plenty to do between now and Christmas though. The warmer weather has seen many of our students return and many new students also join the team...welcome to you. It's great to see some terrific improvements with many of you, as you progress in your martial arts training. Good work - keep it up. Please be aware of the upcoming events that you may be involved in.

Demo Day

The Redcliffe Hospital Foundation Open Day will be on **this Saturday the 10 September**. We have been invited again this year to set up a stall and demonstrate our talents. The day goes from **10am -3pm**, so we will break it up into two shifts, 10 - 12.30 and then 12,30 -3. There will be a roster at the front desk at our gym for you to put your name down for when it suits you to attend.

Students are to bring their training gear as we will be demonstrating what we do at K. O. Martial Arts. We will have a half hour spot within both shifts to show off our talents. If you have any other questions feel free to call or talk to me

ABK Gradings

Congratulations to our successful gradees who achieved their new ranks last Sunday at the ABK gradings. Alex achieved his double brown tip and Allan, Dakota & Josh all graded to double black tip. Next step for these three is Black belt....mmm! (-lots of hard work)



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COMING EVENTS

Sep	6 th	Muay Thai Seminar with Nonsai
	10 th	Rampage in Redcliffe Muay Thai
	15 th	Kids Karate Gradings
Oct	15 th	Broncos Muay Thai Night
	22 nd	Caloundra Fight Night
	28-30	Martial Arts Camp
Dec	3 rd	ABK Gradings & Ball
	10 th	Arana Hills Muay Thai

The best time to plant a tree was twenty years ago. The second best time is today.

Kids Gradings

The kids grading will be held on the 15th of September at our gym. It may be smaller than normal gradings due to most of our students grading later in the year. Please note that there will be no normal training that day, and no training over the school holidays.

Insurance Renewals

It's that time of year when I have to do an insurance audit. With this in mind I need to make sure ALL students are up to date with their insurance. If you are due or are not sure when you are due please talk to me now so we can take care of it asap.



The National ABK grading at the end of the year is shaping up to be a very big event. Rumor has it that it may also include the first public 6th Dan grading also. This will be a massive event including me doing my 5th Dan grading. With this in mind all our students that are ready will be grading there, adults and kids on the 3rd December. There will be no Kids Gradings at our gym in the last week of school in December as is the norm.

It will be very memorable to be able to grade on that day. The National Ball will be held that evening in Ipswich, I have tickets available now at \$50 each.

K. O. MARTIAL ARTS CAMP

Camp Registration forms are available now from the office. These need to be filled out and **full payments** are due **by the 30th Sept**. Please come and see me to work out the balance of payments owed so we can secure your space on camp. It's set to be a great weekend. Camp info newsletters are also available if you need more info.

IN THE CORNER – MUAY THAI NEWS by Kru Steve Robinson

Places are still available for our seminar being held on the 6th September. Nonsai is one of Thailand's best fighter and trainers with a fighting record in excess of 120 fights. The experience you will get from his expertise will be invaluable. The session starts at 6.30pm. Mitch was scheduled to fight this coming Saturday night but unfortunately his opponent withdraw from competing...he was scared of our 'Mitch'.

We have several other fighters scheduled to fight next month at the Broncos Leagues club yet to be matched but we hope that they will end up fighting on that show.

Adrenalin 1.0 was such a success that plans are underway for Adrenalin 2.0 on November 26th.

Again I must thank all those who helped out with the first fight night, your help was invaluable.

Note to those wanting to fight - The secret is in training. Train harder than you think you can, do more than you think you can and that will go a long way towards you having the outcome you want in the ring.