

FAMILY FITNESS & SELF DEFENCE ACADEMY

April-June 2009



WORLD JU-JITSU FEDERATION

1043a Victoria Rd West Ryde NSW 2114
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www.worldjujitsuaustralia.com.au



NOTE: This newsletter may also be downloaded from the website

To all students, **WELCOME BACK** for TERM 2. Hope you all had a Happy Easter with friends and family.

We are pleased to announce that we have established 4 new Schools and associated Dojos for World Ju-Jitsu Federation

Forster/Tuncurry
(affiliate Dojo of
World Ju-Jitsu Federation)

Tasmania

(affiliate Dojo of
World Ju-Jitsu Federation)
The school is run by
instructors - PJ Stanners
and Miranda Wageman.



Sensei Graeme Dunning
Classes held at Tuncurry
Primary School

Tuesdays & Thursdays
Children 4:30 - 5:50 pm
Seniors 6:00 - 8:00 pm
for information email :
info@nswmartialarts.net

Adelaide

**Pace Vale Tudo
International Dojo**
(affiliate Dojo of
World Ju-Jitsu Federation)



Gold Coast

(World Ju-Jitsu
Federation Dojo)



Sensei Rainer Fielder, a World Ju-Jitsu Federation representative from Germany has established a new WJFF school on the Gold Coast.

NEW NINJA ROO CLASSES

From Thursday 3rd May, Ninja Roo classes are held at :

9:30-10:15am Thursday Morning

4:15-5:00pm Thursday Afternoon

NINJA ROO'S 3-5 year old

Ninja Roo program is a fun filled physical activity for 3-5 year olds that helps to improve coordination, balance, motor and locomotive skills.

Children will also gain experience in participating in group activities and following instruction.

A great way for children to socialise

All of these programmes are based on fun, fitness and healthy eating.

At the end of each class healthy snacks will be available.



**ONLY \$130 per
school term
Registration \$50**

HOLIDAY CAMPS FUN ACTIVITIES ALL DAY LONG

Age Group 6 - 14 years

9:00AM - 4:30PM

Cost from: \$35 per day

(Conditions Apply)

NEW CLASSES

KICK-BOXING EVERY TUESDAY AND THURSDAY

Sensei Shawn will be doing kick-boxing classes at 6:30 - 8:00PM.

This class will replace the Boxercise classes and all students of Ju-Jitsu can attend this class. The guidelines for the class will require all students to bring gloves, mouthguard. Some equipment, such as headguards, will be provided by WJTF. For further details speak personally with Sensei Alan, Sensei Mike and Sensei Shawn.

KARATE CLASSES EVERY TUESDAY EVENING

Sensei Simon runs Karate Classes on Tuesday evenings at 7:00 to 8:30pm. This class is suitable for all students to improve their Sparring and Kata work and Breaking Techniques. You can talk to Sensei Simon at class time or on Monday when he assists Sensei Alan and Sensei Mike on the Ju-Jitsu class.

SENSEI ANDREW BLAIR DOJO ADELAIDE



Sensei Andrew Blair junior students and adults who attended a course in March 2009 under the National Coach Sensei Alan Campbell

GYMNASIUM OPEN TIMES

Monday to Friday 3:00 to 8:30pm, Thursday 9:00am to 12:30pm,
Friday 10:30am to 12:30pm and Saturday 9:30am to 1:00pm

COMPETITIONS

Well done to all students who attended the first competition to be held at the Sydney headquarters of the World Ju-Jitsu Australia in March 2009.

It was a great success with all students receiving Certificates and some also received trophies.



First Place Sparring:
Ryan Gregory



First Place Randori Groundwork:
Justin (Penrith)

We would like to thank Alan Alder who organised the BBQ at the end of the Competition, also to Scott Allison, Sensei Simon, Issac Chen, Sensei Mike, Sensei Matthew, Ben Blakeman and James Clifton for being judges and referees on the day.

Sensei Alan will be organising the next Competition. All students will be allowed to enter 2 events only due to the time taken on each event. If you would like to participate in the competition, please return the enclosed form as soon as possible.



First Place Kata:
Andreas



Indy and Lachlan ready for sparring competition



Senseis, judges and students who attended the first competition held at the headquarters of World Ju-Jitsu Australia, Sydney



First Place Board Breaking:
Johnathon Ren

LATEST GRADINGS AT CHATSWOOD & BEECROFT SCHOOLS



BEECROFT CLASSES EVERY TUESDAY 5:00 to 6:00pm
CHATSWOOD CLASSES TUESDAY 3:00 to 4:00pm

MOST IMPROVED STUDENTS AT JU-JITSU HEADQUARTERS

Tom McConville, Andrew Garey from the Ninja class.
Johnathon Ren for the ABC Martial Award.

BIRTHDAY PARTIES

Book your NINJA Party now and receive a FREE invitation pack

Birthday?
PARTY LIKE A NINJA!

WORLD JU-JITSU FEDERATION WEST RYDE

MIXING FUN WITH MARTIAL ARTS

9804 1115

1043a Victoria Rd. (Opp. McDonalds) West Ryde NSW 2114
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Come and get a 'kick' out of my birthday party



\$30 EACH

SPECIAL OFFER

Buy any Syllabus before the end of July and receive 2 FREE badges (valued at \$20).